

**BINKY
EXCLUSIVE**

**'My baby won't have JP's
name unless we marry'**

**TWINS
ON
BOARD!**



**CHARLOTTE
AND BEAR**



**WHY BEY'S
GONE FULL
PREGZILLA**

**SEE ALL HER BONKERS
BUMP SHOTS INSIDE**

IT'S ON!

**'I WANT A MASSIVE WEDDING
AND A BABY NEXT YEAR'**

**BEAR
TELLS
heat**



**I'M A
KARDASHIAN...
GET ME OUT
OF HERE!**

**KIM'S
FAKE-ATION**

**Heat up your
VALENTINE'S**



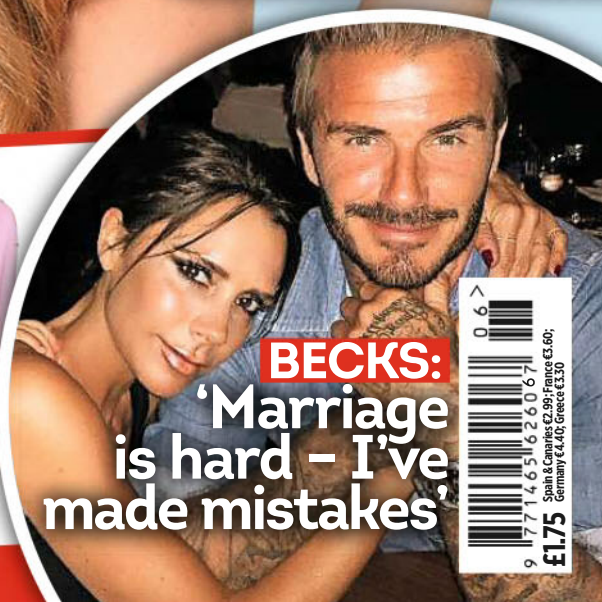
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made mistakes'**

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Delicious Spoonable treat



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**Celeb
EMPLOYEE
OF THE
WEEK**

Every issue, we award a star this prestigious honour for services to celebrity that go above and beyond the call of duty...

BARB...

FOR ESCAPING THE UPSIDE DOWN

This awards season, the cast of *Stranger Things* have been winning all the awards and having all the fun at the after parties. But one person who we haven't spotted until now? Barb, the geeky best friend who became an internet obsession after she (spoiler alert!) disappeared

into the Upside Down in episode four. But don't panic: she managed to escape from that creepy pile of slime we last saw her in, and scrubbed up very well for the SAG Awards red carpet last week. Congrats, Barb! See you in series two... or perhaps not (go to p42 to find out).



"You might not recognise me up there..."

#3

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SELENA AND TAY ARE O-VAH



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STEAL HILARY'S STYLE

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YOUR LAST FIX OF GIRLS

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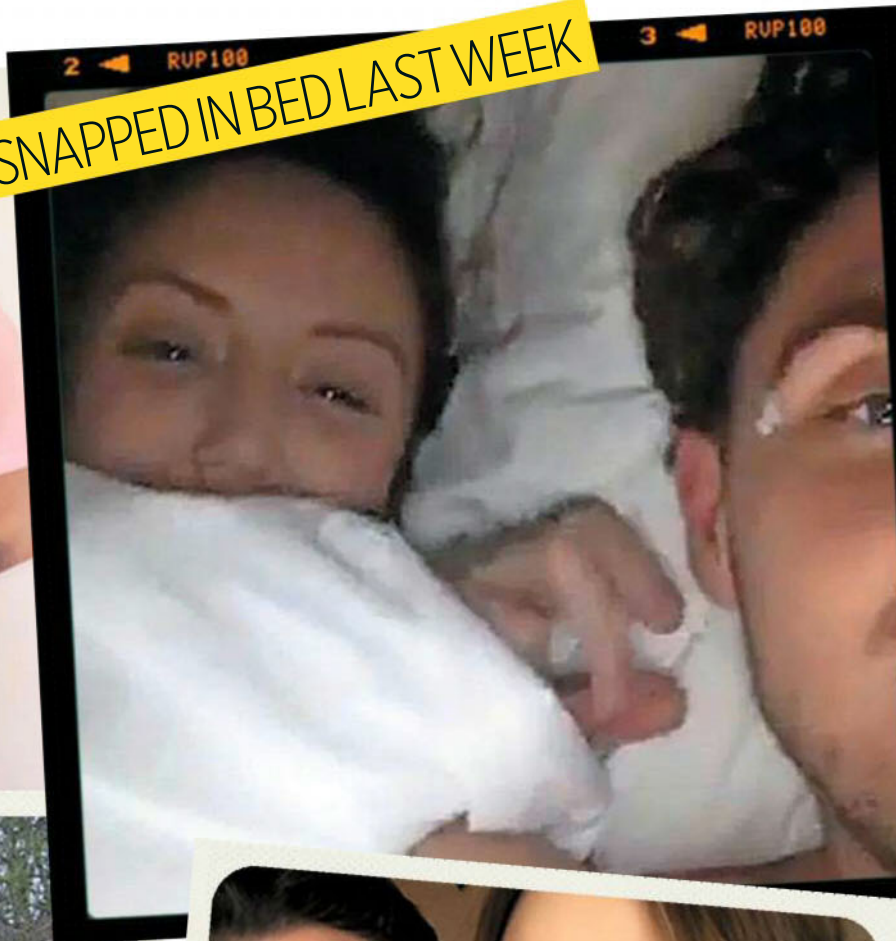


BECKS TALKS FAMILY LIFE

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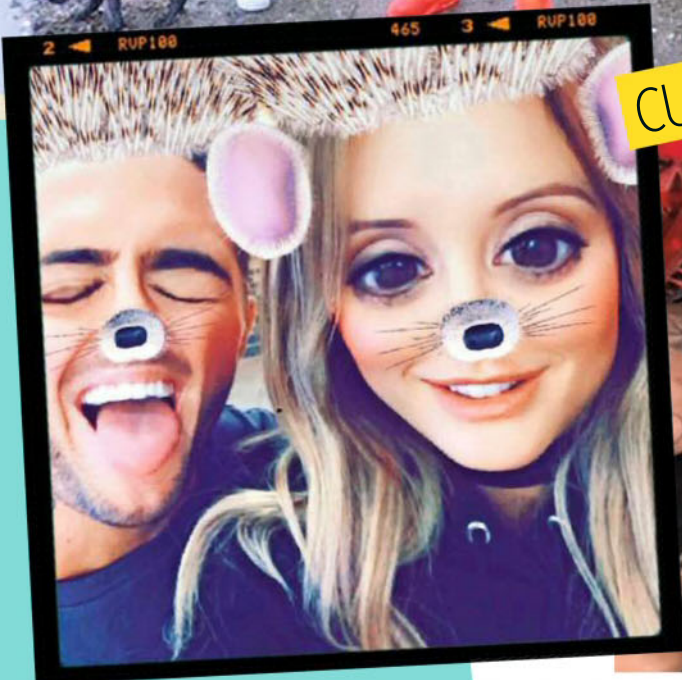
SNAPPED IN BED LAST WEEK



HIS 'N' HERS SWEATS



CUDDLING UP



Charlotte & Bear IT'S ON!

Bear tells *heat* that Charlotte is the right girl

for him – and marriage is even on the cards

Seriously, guys, who do you think you're fooling? After months and months of denying rumours mostly fuelled by their own Insta PDAs *heat* is officially calling it: Stephen Bear and Charlotte Crosby are totally a couple. We spoke to a smiling Bear last week, who told *heat*, "She could be the right girl," and even hinted they had made Valentine's Day plans together. But while insiders say that they're ready to get serious, the problem is Bear can't quite make it official as he's only halfway through filming the TV show for singletons, *Celebs Go Dating*.

The reality pair upped the Instagram teasing last week, simultaneously posting pictures on their profiles wearing "His..." and "Hers..." jumpers. It's the latest in a long line of social-media hints dropped over the last few weeks, where we've seen them posing in outfits, cuddling up, and even

lying in bed together. And yet, when we spoke to Charlotte, 26, a few weeks ago, she denied the whole thing. "We're just very good friends," she insisted, claiming they were simply spending time together as co-presenters, while filming "16 hours a day" for their new TV show *Just Tattoo Of Us*. She even dismissed picture evidence of Bear with his hand up her jumper, saying, "We were constantly play-fighting... it was just mucking about." But she did admit, "He is very funny, and he has a lot of charm."

Bear, though, is clearly not so worried about hiding his affections. When we pressed him about his feelings for Charlotte last week, the 27 year old told *heat*, "She's funny, she's witty, she's clever, she's independent – she's got all the right attributes. It's just the wrong time, because I'm filming



the show. You find the right girl at the wrong time... but who knows what's going to happen?" He even jokes, "She's pregnant with my baby!" And when we asked if he was hoping to date her officially after *Celebs Go Dating* was over, he admits, "Course I would she's gorgeous," and added (oh-so subtly), "I have a date for Valentine's, I can't say who, though."

And it looks like he's even ready to get serious with the *Geordie Shore* star, telling *heat* he believes in marriage "100 per cent", adding, "I want that. I want a big wedding. I want it to be massive, I want a beautiful wife, I want all my family to be there, I want all their family to be there. That is exactly what I want... I want ten babies... I reckon next year I'm going to have a baby." He also denies that he treated his ex-girlfriends who include Vicky Pattison and Gemma Lucy badly, saying, "I've never cheated on anyone before. So this is a preconception they've got of me, that I'm a cheater." Despite copping off with Chloe Khan on *Celebrity Big Brother* last summer while he was dating reality star Lillie Lexie Gregg, Bear insists, "I'm the best boyfriend the BEST. I pay for everything, I never cheat, I'm nice to their parents, I'm fun, I always want to do stuff, I take an interest in what they're doing, I make a lot of nice gestures. If I were to meet someone at the train station, I'd turn up with flowers for them. On their birthday, I'll say to the waiter beforehand, 'Look it's her birthday,' and surprise them after the meal with a cake and sing happy birthday. I've done all that. You've got to be romantic, otherwise what's the point? It's [my exes'] fault! It's not me, it's them."

So, could Charlotte be the lucky mother to all these Bear cubs? "They're really into each other," says an insider who's worked with Charlotte – who ended things with her ex, Gaz Beadle, after he cheated



on her while filming *Ex on the Beach*. "She and Bear were working really long days on *Just The Tattoo Of Us* and spending all their time together. They didn't leave each other's sides for one second the whole time. The chemistry between Charlotte and Bear is something she hasn't had with anyone for a long time. It's way more intense than what she had with Gaz. The thing is, they can't get serious, because he has to be officially single for *Celebs Go Dating*. She's being really cool about him going on the show she was on the

be" sleeping with her is clearly not enjoying dating anyone else. "Honestly? It's going shit. It's going terrible," he says about filming *Celebs Go Dating*. "I've come onto the show for the money. That's why I'm here. I'll be honest, I've done it for the money... I say the truth, baby. They pay me good." He also accuses the show's matchmaker Nadia Essex of being "mad" and giving "crap advice". In fact, when we spoke to Bear, he was in the middle of a 24-hour ban from the dating agency because, "I ran away from a date. The agents hate me.

'Charlotte's clever and independent – she's got all the right attributes'

last series and she knows how it works – so they're really trying to downplay the relationship to everyone around them."

But Bear – who tells us he and Charlotte "are just friends" literally two seconds after admitting that he "might

I was in the cab gearing myself up and I just thought, 'I don't even want to be here.' So I told the cabbie, 'Pull over, I'm getting the bus.' I only picked her because I was drunk. Unfortunately, I haven't met the girl who I fancy enough



THE GREAT EX-OFF

BEAR'S BABES



VICKY PATTISON

Bear picked up his first reality TV GF on series three of *Ex On The Beach*. They dated for seven months in 2015, and when it ended, Vicky labelled him a "f**king sly c**t". Yikes.



LILLIE LEXIE GREGG

After meeting on series five of *EOTB*, Bear dated Lillie last summer until he broke up with her during *Celeb Big Brother*. He later said, "I would have married her."



CHLOE KHAN

Everyone watched Chloe Khan and Bear cop off with each other in a toilet on *CBB* last summer, but it ended just a few weeks later.



JEMMA LUCY

Another *Ex On The Beach* conquest, Bear and Jemma broke up in November 2016 after a few months together, with Jemma tweeting, "I caught him cheating."

CHARLOTTE'S CHAPS



MITCHELL JENKINS

Charlotte dated civilian Mitchell on and off from 2012, before finally splitting in August 2015. She's still fond of him, though, calling him, "My favourite ex."



MAX MORLEY

Love Island winner and professional cricket player Max was Charlotte's rebound romance after Mitch, for a few months between September and December 2015.



GAZ BEADLE

Charlotte and Gaz were the Ross and Rachel of *Geordie Shore*, before finally getting together in December 2015. It ended four months later in April with a devastating ectopic pregnancy.



ASH HARRISON

Her last boyfriend was *Big Brother*'s Ash Harrison, who Charlotte dated from July last year until December, when he unfollowed her on social media.

yet to really get to know. I can't sit through a date and not fancy them physically. Cos I just think, 'What's the point?' Yes, I stood her up, but I've helped make her a stronger person. Life is never smooth, you've got to give a few knock-backs."

Despite that, he does tell us he's "kissed a few of [the dates]" he's been sent on, adding, "Got to keep it fresh, i'ntya? No point going on a date without a kiss, is there?" Which is news that probably won't go down well with Charlotte. A source close to Bear adds, "He's really different to how he is on TV, but at the same time, he does play up to the cameras, so who knows what will happen on the show? The thing is, Charlotte's saying she's fine with him doing it, but when she actually sees him dating other girls on TV, she might feel differently." ■ **LUCY VINE**

Celebs Go Dating is on every night of the week from 13 Feb, E4, 10pm

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The STAR Exchange

Whose stock is rising and falling in the celebrity market this week?

▲ SAFE BET

EMMA WILLIS

Long a *heat* fave, lovely Emma's star continues to rise and shine. She has been announced as the co-host of this year's BRITs alongside Dermot O'Leary. She'll be great. Oh yes, she will(is).



CASHING IN

▲ STOCK RISING

FAT AMY

The absolute favourite of anyone who's ever watched a *Pitch Perfect* film, Fat Amy (aka Rebel Wilson) has been spotted in full Amy Winehouse fancy dress. Now we are dizzy for PP3. Accaplease make it soooooon.



▲ BUY! BUY! BUY!

BUFF TORSOS

On his new show, *Tales From The Coast*, Robson Green went topless in Devon as he took a cold outdoor shower. Which, ironically, is what 78 per cent of the female population who tuned in needed afterwards.



▲ WORTH AN INVESTMENT

SLEUTHING

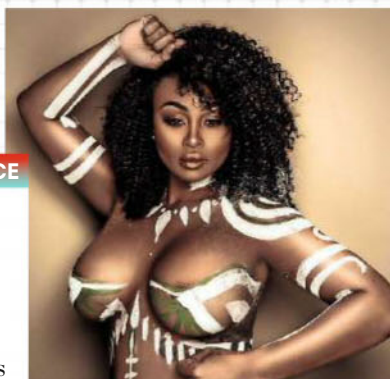
It's confirmed! Netflix say *Making A Murderer* will return this year (with directors Laura Riccardi and Moira Demos, right, onboard), though we still don't know when. So, we guess we'll just keep our diaries free for, say, the next 11 months?



► SOLID PERFORMANCE

COPYCATS

Blac Chyna's new naked pic looks suspiciously like sister-in-law-to-be Kim Kardashian's 2015 nude shoot. Only Chyna's was a bit more... budget.



▼ STOCK FALLING

CANNONS

It's been revealed Johnny Depp spent \$3m paying for *The Rum Diary* author Hunter S Thompson's ashes to be blasted out of a giant cannon. We feel like that cannon company saw him coming, tbh.



▼ GOING DOWN

SACKING YOURSELF

Ben Affleck's stepped down from directing *The Batman* a film he's also starring in and producing. He must be really disappointed in... himself.



▼ SELL! SELL! SELL!

THE AFFAIR

No spoilers, obv's, but let's just say we thought the end of series three was très disappointing. The show needs more Joshua Jackson. *That* we'd tune in for.



CASHING OUT

This week
**WE'RE
OBSESSED
WITH...**



BEYONCE'S BEYBIES:

All your questions answered

#10

Here's everything you need to know about Bey and Jay's expanding family

The master of surprise announcements, Beyoncé really outdid herself last week when she revealed that she and husband Jay Z were expecting twins accompanied by a bump-baring shot of her in a veil against a backdrop of flowers

That photo is now the most-liked Instagram picture of all time. It was swiftly followed by a flurry of equally bonkers snaps. Yep, Bey has gone full Pregzilla on us. We mean, two or three bump shots, sure. But a whole photo shoot (by artist Awol Erizku) referencing classical artworks like Botticelli's *The Birth Of Venus*? That's OTT, even by A-list standards.

Still, as our insiders tell us, after years of trying to conceive, endless divorce rumours and even accusations of a fake bump with Blue, it's no wonder Bey is the smuggest of smug pregnant ladies right now.

But there's more we want to know how did she manage to hide that bump and how is mini-diva Blue Ivy coping? *heatspoke* to several Beyoncé insiders to find out everything...

How pregnant is she?

"Beyoncé found out she was expecting at the end of her Formation World Tour in October," our insider says, adding that Bey is probably just over three months pregnant. "Bey and Jay are beside themselves about having twins. It does run in her side of the family – she has some distant cousins who are twins. They've been trying on and off for another baby since 2013, and now they have a break from touring, it's the perfect time."

Why announce it now?

In the 2013 documentary *Life Is But A Dream*, Beyoncé revealed that she'd experienced a miscarriage before having Blue Ivy, saying, "It was the saddest thing I've ever been through". Our insider says she wanted to wait before announcing it as "they've been through so much heartache" – but needed to get ahead of pregnancy rumours. "She wanted to speak out before the Grammys next week [she's performing]. She started to show in December and has been pretty much in hiding or wearing black or big

jackets ever since, because her bump was growing every day."

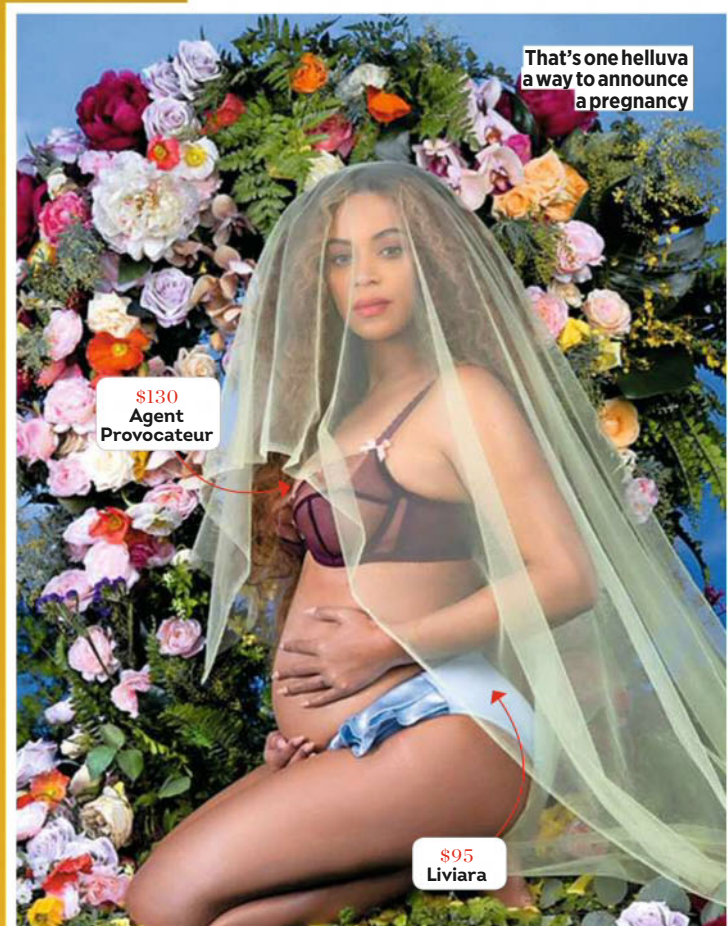
How has Jay reacted?

"Both Bey and Jay are so excited," says the friend. "Bey knows she won't be getting much sleep, but Jay has promised to help with the 4am feedings, the nappy changes and the burpings. He's so excited about the possibility of having a son. He never smokes around Beyoncé, but when she's not there, he's constantly puffing on a celebratory cigar. They're calling their babies 'little miracles', because that's what they are. They've been to hell and back over the past few years, with the rumours about their marriage, so it's been a real test for them, but they feel they've come through the worst and now it's time to focus on what's important: family."

What does Blue think?

Blue Ivy's been an only child for five years now, but our insider says she's excited about becoming a big sister. "Blue is completely ecstatic. She can't believe she's going to have TWO little



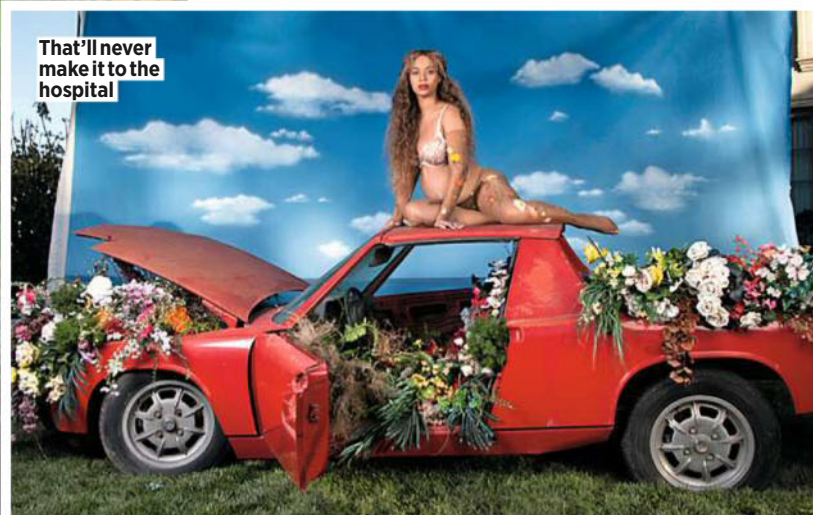


ALL THE CONSPIRACY THEORIES

While pregnant with Blue, Beyoncé was famously the subject of an internet obsession: the conspiracy theory that her bump “wasn’t real” and she was faking the pregnancy. This time round “the lingerie and naked pics she put online were deliberate – no one can accuse her of faking it,” says our insider. Still: the internet has a new theory – that Bey’s expecting one boy and one

girl (because in the first photo, there’s a pink bow on her bra and she’s wearing blue shorts). Oh, and that Bey announced her news on that specific day because if you add up the numbers in the date (1 February 2017) it makes four, the couple’s lucky number that they both have tattooed on their hands. (1+2+2+0+1+7=13, then 1+3=4). Expect more madcap theories to come...

#11





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This week
**WE'RE
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WITH**



"Blue, Mummy wants another chocolate, liver and broccoli ice-cream sundae"



Bey's still waiting on her first delivery of Ivy Park maternity wear

babies to play with, and she's made it very clear she wants a brother and a sister."

Who did they tell first?

Back in December, Mariah Carey posted an Instagram with Beyoncé, and our insider says that Mimi was the first person – outside of the couple's families – to hear the news. "Of course she told Mariah. She's the mum of twins, so it was beautiful to see her reaction," says the friend. "Bey was asking her for all kinds of advice. They hugged, and Bey got the reassurance she needed."

So, how will their lives change?

In February 2016, Bey and Jay moved from New York to LA, where Blue's been attending an elite \$15k-a-year private school. Two weeks ago, they were spotted viewing Petra Ecclestone's \$200m LA mansion, so it looks like they're putting down roots on the West Coast. "Already they've been buying two of everything," says the insider. "They'll be getting the best – these babies will be spoilt rotten. Blue's really into fashion and has been helping Bey order thousands of dollars-worth of designer baby clothes. Beyoncé and Jay Z are looking forward to starting over and putting things right between them." ■



The twins haven't impaired Bey's bouyancy at all

"SORRY BLUE: BEING AN OLDER SISTER TO TWINS IS S**T"

heat's news director Issy Sampson was three when her mum had twins, and she warns Blue Ivy that life is about to change. A LOT

"Had a dreamy childhood as an only child, have you, Blue? Well, you got two more years alone with your parents than I did. When I was three, my mum had surprise twins and my life was ruined. No longer was I the centre of attention. Everyone – including my friends who came over to play – wanted to see those boring attention sponges. We had to move to a bigger house, leaving behind my adored

childhood bedroom. They had twice as many toys. When they got older, they'd gang up on me and pretend to have a psychic connection. On the plus side, I learnt to read earlier than everyone else, because my mum had no time to read to me. But I'm now a massive show off because of all the years I spent trying to steal the attention back. Good luck, Blue – and get practising your tantrums now." ■



This week
**WE'RE
OBSESSED
WITH**

Douche chills

- 4 STAGED PHOTO SHOOTS
- TWICE-DAILY WORKOUTS
- 12-HOUR WORKING DAYS

INSIDE KIM'S 'SHAM' HOLIDAY

You didn't think that Kim Kardashian was going to Costa Rica to relax, did you? Leaving husband Kanye West back in LA, Kimmy and almost every member of the Kardashian family took a private jet to an exclusive \$16,500-a-night villa in Costa Rica. But forget bonding and lounging around: in the five days that Kim was there, we spotted her doing four set-up photo shoots, taking snaps for a new edition of her *Selfish* book and, we're told, "filming for hours" for series 13 of *Keeping Up With The Kardashians*. "The holiday was a sham staged just

for the show—no one had so much as an hour off without the cameras in their face or a photographer taking pictures," says our insider. "Kris [Jenner] is making up for lost time. Production on the show shut down for a while after Kim got robbed in Paris, so she's really pushing to get some good footage now."

The source adds, "Wake-up call was 6am. The family bought two personal trainers with them, so there was an hour of working out, then two hours of bikini shoots or filming in bikinis, before a liquid breakfast to avoid bloating."

We're told that Kim was working 12-hour days, including "an hour of

glam, then an hour of styling—she was doing around three different looks a day." The friend adds, "Every time they were 'sunbathing', cameras were there. Every dinner was filmed. Kylie even bought her own personal photographer as she was worried Kim's return would take the attention off her."

The family took helicopter trips, went on a jungle safari, had spa treatments, worked out some more and rode around on golf carts... all followed by the show's cameras. "Kim's determined to make the most of how slim she is right now," says the insider. "If you're Kim, every day is a photo shoot." ■ **ISSY SAMPSON**





Smile, Kim and Kourtney – you're on holiday (kind of)



Kim was getting bummed out with all the sunbathing

#15

heat
EXCLUSIVE

RAY J TELLS *HEAT*: 'I'M NOT SCARED OF THE KARDASHIANS'

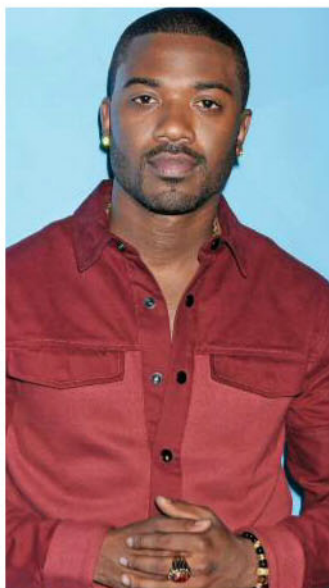
IN ANOTHER EXCLUSIVE, THE *CBB* STAR TELLS US HE'S NOT HAPPY WITH KANYE

There have been rumours about Kim Kardashian and Kanye West's marriage for months now – ones that only intensified when Kim flew to Costa Rica without her husband, while moving trucks were spotted at their LA home. So we asked *CBB* star – and Kim's sex tape partner – Ray J what he thinks. He tells us that his sister Brandy is still close friends with Kanye. "I wish them both luck," says Ray, who dated Kim from 2003-2006. "It's not always going to be easy when you're married – they'll have good times and bad times. Anyone who's married just needs to stick with it and fight it out." When we ask if he'd put a bet on Kimye still being married this time next year, he says, "Um, nah. I wouldn't bet on them like that."

When Kanye's *Famous* video came out last June, Ray was surprised to see he was featured

in the promo as a naked waxwork. So he hit back on a track with Chris Brown, also called *Famous*, where he sang, "Look at the family, they walk around proud. All because she had my dick in her mouth" – something that didn't go down well, as it was released on the same day Kanye was hospitalised after his collapse in November. "I don't know. It's just weird to me that, when I released my song, I got a lot of flak for it, but when [Kanye] does it, it's all good," he says.

Before he went into the *CBB* house, you might think the Kardashians would have called him and told him what he was allowed to talk about, but Ray denies it. "No, [it didn't happen] at all. They don't scare me. Even if they did call, it wouldn't matter. There's nothing they could do or say to me to get me to do anything I don't want to do." Ray, you're a braver man than us. ■



This week
**WE'RE
OBSESSED
WITH**

The couple are
making it work

Binky:

'The baby won't have JP's surname until we're married'

The pregnant *Made In Chelsea* star says things with her baby daddy are 'going in the right direction'

#16

We have a LOT of questions for Binky Felstead. When she announced last month that she was expecting a baby with her *Made In Chelsea* co-star and on-off boyfriend of two years Josh "JP" Patterson, she admitted that her first reaction was, "Ohshit," before adding, "My heart stopped. I burst into tears. Josh and I weren't talking at the time and I was overwhelmed." But since then, we've seen photos of the former couple looking loved-up, they've talked about going on dates and posted gushing Instagrams about "what a year" it's going to be for them. They've also been filming the next series of *MIC*. So, What the heck's going on?

'There is one of the *MIC* cast who'll be godparent'

How are things with JP? Do you think it might work out now you're expecting a baby together? We've never said we are going to get back together just because there's a baby involved, that would be wrong. But I will say that where we are now is the happiest we've been in a very long time. I feel like things are going in the right direction, which is really exciting. **Whose surname will the baby have?** It's going to have both. Until we get

married – if that ever happens – it's going to have both of them. **Ollie Locke's been dropping some big hints on Instagram about being named godfather. Have you picked godparents yet?** Someone has been picked, but I'm not saying who yet. I think everyone can probably guess, but there's definitely one cast member from *Made In Chelsea* who'll be one of the godparents. **Now for the big question: how is your dog Scrumble coping?** Scummy definitely senses something is going on. I think dogs can, weirdly. He's still very much my little boy. He's getting as much love and attention [as ever]. He's not enjoying the new toys coming into the house that aren't for him, I have to say! **Have you had to sneak off from filming with morning sickness?**

No – so far so good, actually. I've been lucky. To be fair, nothing has really changed apart from feeling very tired. I'm nesting – renovating my house – and I still go to the gym, but with modified exercises. I'm getting into a routine, which is really good. With filming, we'll just have to play it by ear and see how I feel. At the moment, it's been quite hectic because the news [about the baby] has just come out, but it'll slow down, I'm sure.

You're on your 12th collection with InTheStyle now. Where do you get your inspiration?

To be honest, I don't really have any inspiration – it's more just going through Pinterest and following boutiques on Instagram. I send over pictures to the designers and we work on it together through the styling and the colours.

You said on Instagram that you wouldn't be able to get away with the shirt dress you were wearing for much longer. How is your style changing now you're pregnant?

I've had to buy maternity jeans, but my style has always been quite baggy and loose-fitted, anyway – quite comfy. So, I've been getting away with it for a long time! When the bump gets really big, then I'll have to start thinking about it, but at the moment, I'm still wearing the same old tops. I'm living in my maternity trousers and a baggy jumper at the moment. There's a black cowl-neck jumper in my collection that I love, because it's very comfy. ■

Binky's range is available at InTheStyle.com

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"Hurry up if you want your pocket money"



Mariah's boyfriend wants a pay rise

The hot dancer is asking for more cash to appear on her reality show

As anyone who's seen the incredible TV event that is *Mariah's World* on E! will know this season's main storyline has been about how much Mariah Carey's tour dancer Bryan Tanaka fancies her. Whether he's getting Champagne poured over his abs, kissing her on a beach or attending her children's birthday parties, Bryan's been a permanent fixture on the show and in Mariah's real life, too, taking her to dinner and posing with her on red carpets. And, as *heat*'s reported in the

past, he's paid very well as her "creative director". But now, although he's happy with how things are going with Mariah off-screen, Bryan wants more money to appear on the show.

"When Stella, Mariah's manager, asked Bryan to be part of the show and fawn over Mariah, Bryan was happy to do so in exchange for the free publicity and the career boost," says our insider. "But now that he's had a taste of fame and seen how keen Mariah's team are to maintain the right image, he's playing hardball. Bryan has asked for a raise of between \$15,000 and \$25,000 per episode, with bonuses for media appearances and interviews."

When the singer broke up with billionaire fiancé James Packer in October, reports claimed she'd been dumped but on Mariah's show, she seems to suggest she was the one who ended things, leading some viewers to accuse her of "rewriting history". She also debuted her new track, *I Don't*, about her break-up with James.

Our insider says, "Mariah wants to show her fans she's happy with a hot dancer falling at her feet, but Bryan's asking for a lot of money. It's caused some tension between them." ■



"There's a camera, snog me!"

#17

WENN.COM; XPOSUREPHOTOS.COM

This week
**WE'RE
OBSESSED
WITH**

#18



Selena and Taylor's **BIG** Weeknd fall out

Selena may have found a new boyfriend... but she's lost a friend

Things flicked to warp speed on the Selena Gomez and The Weeknd romance last week, as

less than a month after they were first pictured together the pair jetted off to Italy together and Selena was named as his official date to the Grammys.

But, happy as Selena, 24, may have looked as she spent the whole week PDA-ing with her new man, *he* has learned the new relationship may have come at a cost – the loss of her friendship with Taylor Swift. “Taylor isn’t taking any of Selena’s calls right now. Selena is saying that she’s not bothered, but the fight’s got everyone concerned,” says our insider. “Taylor was a really sensible and stable presence in Selena’s life and people are worried what might happen without her.” There’s one seemingly

obvious reason for the feud: *Girl Code*. The Weeknd (aka Abel Tesfaye, 26) only split up with Taylor’s other friend Bella Hadid three months ago – but our insider says there’s more to it than moving in on someone’s ex too fast. We’re told things started to sour after Selena’s recent rehab stay, to deal with anxiety and depression related to her battle with autoimmune disease lupus.

“Taylor and Selena had been growing apart even before she got with Abel,” we’re told. “There were a lot of issues, and Taylor felt drained by the friendship. Of course, she wanted to help Selena, but it was a difficult time, so eventually things started to slide and Taylor would organise things without inviting Selena. Selena confronted Taylor a few weeks ago and they had a fight.”

Then along came The Weeknd. “Taylor got in touch when she saw

the pictures of Selena and Abel, and asked when they’d got together, as she was worried about Bella. Selena resented being questioned, as she wasn’t close with Bella and didn’t see the problem. But Taylor felt caught in the middle and with all the stuff that had been going on, she took Bella’s side.”

Selena has previously described her friend as “like a sister”, adding, “She’s the one I call when I’m having any sort of sadness. She’s very nurturing and protective.”

“Selena is trying to play the falling out as no big deal, but it hurts,” says our insider. “Deep down, she knows that she and Abel might not last, and then what? If Taylor freezes someone out, it’s for good. She demands ultimate loyalty from her friends, and it seems she doesn’t feel like she got that from Selena.”

■ RHIANNON EVANS

SELENA’S NEW MAN ‘A BAD INFLUENCE’

Just three months after Selena gave a heart-wrenching speech about her stint in rehab, friends say they’re concerned about her relationship with The Weeknd. He’s admitted heavy drug use in the past and recently said, “Drugs were a crutch for me... You have writer’s block. And sometimes you’re like, ‘I can’t do this sober.’” According to our insider, friends are “very concerned that her relationship with The Weeknd could lead her down a very dark path”, although he has said that those days are behind him. Selena has struggled with her health recently, undergoing chemotherapy for her lupus, and going to rehab twice to deal with side effects of the depression caused by her health battle. With rumours that

friends and family may even stage an intervention, our source adds, “They’re worried that he’s not the right person for her to be getting close to while she still has emotional issues. Selena has really struggled with the party lifestyle that comes with the music industry. Last year, she felt completely burnt out. She had initially wanted to take a break from music and her career to focus on getting better, but now she’s thrown herself straight back into the spotlight and wants to follow Abel wherever he goes.” In an emotional speech at the AMAs in November, Selena said, “I had everything, and I was absolutely broken. And I kept it together and I swore I would never let you down, but I kept it too much together to where I let myself down.”



The Weeknd and Selena: staying close

Sundowners included. Even before sunset.

Life's too short to say no.



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This week
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WITH**

J-LO'S EX-TRAORDINARY ADVENTURE

The superstar enlists her sidekick to deal with an old foe...

THE STORY SO FAR...

When we left our heroine Jennifer Lopez, she was fighting crime (on her telly show *Shades Of Blue*) and locking lips with Drake. But last week, during a night out with her sidekick, actress Leah Remini, at a Cuban hotspot in Hollywood, J-Lo was accosted by villainous ex, Casper Smart! Jen dated the backing dancer on and off for five years until last August, when it was reported that he'd cheated on our girl. Word is Casper's been mounting a campaign to win her back. Luckily for Jen, when he made this latest attack – with flowers – she had her brave companion to help her evade capture... Kapow!

LEAH AND JEN ARE ON A GIRLS' NIGHT OUT WHEN A HANDSOME STRANGER APPROACHES...

SHE'S PRACTICALLY ON THE FLOOR

OHOO, HEEEEEY GOOD LOOKIN'!
HIC

ARE YOU DRUNK ENOUGH TO FANCY A MAN IN A BACKWARDS BASEBALL CAP?

HOLY SHIT, THAT HAD BETTER NOT BE...

LEAH PREPARES FOR THE NEXT CLUB, BUT JEN SPOTS A FAMILIAR FACE IN THE DISTANCE...

...GASP! IT IS J-LO'S EX, CASPER SMART! AND HE HAS FLOWERS!

THIS IS A J-LOW BLOW, CASPER. GET OUTTA HERE!

JEN, TAKE ME BACK, I'LL DO ANYTHING

I THOUGHT I'D SENT YOU BACK TO THE BLOCK

CASPER IS IN DENIAL, AND BEGS FOR AN AUDIENCE WITH HIS BOOTY QUEEN...

WOULD SCIENTOLOGY TAKE HER BACK?

YOU KNOW INTERFLORA DELIVER, RIGHT?

PLEASE, JEN, I'M BETTER THAN DRAKE - I CAN DO MORE THAN ONE DANCE

ACTUALLY, BEFORE YOU GO, DUDE, COULD YOU BUY ME SOME MORE SHOTS?

BUT OUR HEROINES STAND FIRM (MOSTLY)...

THE END

#21

SPLASHNEWS.COM

This week
**WE'RE
OBSESSED
WITH**



#22

Kylie's broody – and Tyga's terrified

The not-ready rapper is trying to talk his clucky girlfriend out of it

For most of us, starting a family at 19 would be a scary prospect. But then, most of us aren't Kylie Jenner. The youngest member of the Kardashian family has already seen and experienced more than most people her age – including being a stepmum to boyfriend Tyga's four-year-old son King Cairo – and now she's telling friends she wants a baby of her own. Like, immediately.

"Kylie's so broody, she's told Tyga she wants to have a baby as soon as possible," says an insider close to the couple, who just got back from a family holiday in Costa Rica, where Kylie was seen constantly playing with her stepson. "Kylie's always said she wants loads of kids, and she thinks she's ready. She wants to try for a baby straight away."

One problem with the plan, however, is her boyfriend of two-and-a-half years, Tyga, 27. "He's terrified by the whole idea right now," says *heat*'s source

close to the rapper, who had King Cairo with his ex, Blac Chyna – who is now engaged to Kylie's brother, Rob. "Tyga's not ready for another child at all. He's been trying everything he can think of to talk Kylie out of it for now, but she's baby crazy. He told her he can see them having kids in the future, but he's not ready yet."

And Tyga's unlikely to get any support from his in-laws – AKA the most baby-loving family ever. "You'd think her mum and big sisters would be against Kylie having a child so young, but Kris, Kim and Kourtney are encouraging her to go for it," says the source. Mum Kris has six children and four stepkids, while Kim and Kourtney have another five between them. "They think having kids is the best thing in the world, and they love the idea of Kylie joining their little mommy gang." In fact, only Khloé and Kendall have voiced concerns. "Kendall is absolutely horrified," says the insider.

"She can't understand why Kylie would want that kind of responsibility at her age, it doesn't make sense to her. She and Kylie used to be so connected, but they've grown in totally different directions. Khloé is just as against it, but for different reasons. It's hard enough watching her older sisters have kids and not have any herself, so the

'She wants to get pregnant straightaway'

thought of her youngest sister doing it, too, is depressing. She also thinks Kylie's too young to have kids."

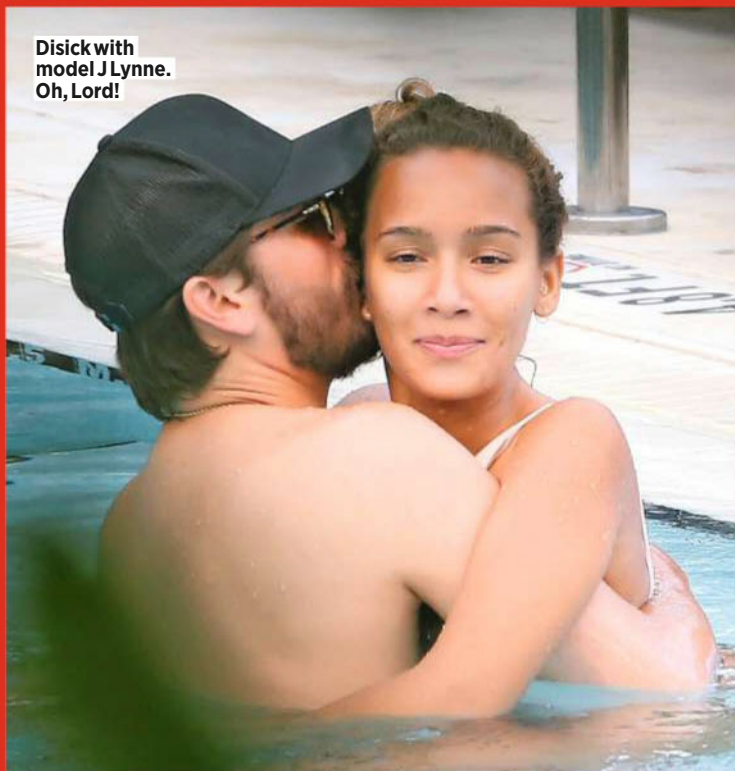
But whatever everyone else thinks, friends say Kylie's on a mission. "She's serious about this, and she's already started taking pre-natal vitamins," says the insider. "Even though Tyga doesn't love the idea, he'll do what she wants in the end. It isn't going to take long for this to happen." ■ LUCY VINE

With boyfriend
Tyga's four-year-old
son, King Cairo



INSTARIMAGES.COM, REX/SHUTTERSTOCK, SPLASHNEWS.COM, POSUREPHOTOS.COM

Disick with
model J Lynne.
Oh, Lord!



Kourtney's man messes up AGAIN

Scott's been caught kissing random models

For months now, Kourtney Kardashian and on-off partner Scott Disick, 33, have been inseparable—he'd moved back into the family home, they'd shared a romantic kid-free holiday to Mexico, and last week he joined the rest of the Kardashian family on a trip to Costa Rica, where they filmed material for their TV show (see page 10).

But, Scott being Scott, things went wrong just one day after the family returned to the US—after the reality star was spotted drinking, smoking and kissing models J. Lynne and Amber Davis in Miami. And mum-of-three Kourtney, 37, is furious.

"Scott had been trying so hard with Kourt, saying things like, 'I want it to work and I will do anything.' He was even talking marriage, another baby—anything to

win her over. But the problem is that Kourt just doesn't know if things will go wrong again. In Costa Rica, she told him she can't live like that, always wondering when he'll start drinking again and mess up. He must have taken that badly, as he went straight to Miami and hooked up with those random models. Kourtney was not impressed."

But, our insider says, it's about to get really awkward. "Because he'd got back with Kourtney and quit partying and drinking, Scott was recently made a full cast member on *Keeping Up With The Kardashians*, while before his involvement was dependent on

Kourtney and she could kick him off it. So he'll be around all the time now," says the family friend. "Kris [Jenner] loves the drama he brings to the show!" ■



This week
**WE'RE
OBSESSED
WITH**

DAVID: 'MARRIAGE CAN BE HARD'

The former footballer opens up about the tough times in his relationship with Victoria

#24

It's been nearly 20 years since a Manchester United player with curtains made eyes at a Spice Girl across a footballers' lounge, but David and Victoria Beckham are still going strong. It hasn't always been easy, though, and speaking on *Desert Island Discs* last week, David admitted they'd had many "tough times", adding candidly, "You make mistakes over the years, and we all know marriage is difficult."

"People have talked about, you know, 'Do we stay together because it's a brand?'" says Becks, who met Posh in 1997, and married her two years later. "Of course not. We stay together because we love each other. We stay together because we have four amazing children. And do you go through tough times? Of course you go through tough times. It's part of relationships, it's part of marriages,

it's part of having children, it's part of having responsibilities."

There's no denying the couple—who are parents to Brooklyn, 17, Romeo, 14, Cruz, 11, and Harper, five—have faced difficulties over the last 20 years. After initially dating in secret—snogging "in a Harvester car park"—their fame soon saw them dealing with a kidnap plot in 2000, affair allegations in 2004 involving David's PA, Rebecca Loos—which he dismissed as "ludicrous"—and a major life upheaval in 2007, when



The whole picture—perfect crew



'David's struggled with being a star and getting attention'



Becks joined LA Galaxy and the whole family moved to the US. But the biggest test, say friends, has been their changing careers. "When Spice Girls came to an end, Victoria came crashing down," says an insider, who's known the Beckhams for a long time. "Their lives were totally different. David was an in-demand footballer, while Vic was sometimes a figure of fun. David struggled with being the star and getting all the attention, but they'd put their lives into the press so much [even selling their wedding pictures to the highest bidder for £1million], so they couldn't escape. Then Victoria's fashion career took off and David retired. Their positions reversed and it was difficult for them to adapt. They've had to spend a lot of time apart, which meant yet more stories about women throwing themselves at David, and nights out with his party boy mates. Although Vic trusts David implicitly, it's been hard to deal with at times."

But now they're older and wiser, friends say they've found what works for them. David, 41, confirmed he and Victoria, 42, had renewed their vows, saying that this time, "It was a lot more private, about six people in our house." It comes weeks after Victoria wrote an open letter, giving advice to her younger self on marriage, "Have patience. Bite your tongue. Be supportive. And preserve a bit of mystique. Never let yourself go completely (at least brush your hair, clean your teeth, have a bit of a brow going on, because you will always

WHAT ELSE BECKS REVEALED...

HE'S ALWAYS HAD INTERESTING FASHION TASTES

As a pageboy at a wedding, aged six, David was allowed to pick his own outfit – and chose burgundy velvet knickerbockers, tights and white ballet shoes. "I'm sure my mum has got that outfit at home," David added.

HE'S PUTTING IT AWAY

David says he won't do any more underwear ads. Devastated.

HE'S A HOARDER

David keeps old shirts, his England caps and his medals in storage, along with more than 1,000 pairs of football boots – which he agrees probably rivals Victoria's shoe collection.

HE'LL COOK YOU A GOOD DINNER

David said he's taken cookery classes and his speciality dish is his kids' favourite dinner – pasta and ragu.

HE'S NOT AFRAID OF POSH

David didn't pick a single Spice Girls song among the eight he'd take to the island – and son Cruz's Christmas single didn't make the cut, either.



want him to look at you and feel attracted). Always make time for each other. Because if you don't, everything will revolve around the children and I'm not sure how sexy that is! And do not forget the person you fell in love with." She also offered advice on surviving those difficult times: "Use that time to close off, to focus, work hard and protect the children. In relationships, people will throw obstacles in your way, and you either manoeuvre around them or you trip up... Even when you don't necessarily want the same thing, your support for each other will mean that you will stick together and grow up together. And it will be worth it." ■ LUCY VINE

This week
**WE'RE
OBSESSED
WITH**

Michelle and Busy:
the look of love

#26

The new red carpet date: YOUR BEST MATE

Taking your boyfriend to an awards ceremony is so 2016

At last week's Screen Actors Guild Awards, celebs went all in on Hollywood's biggest new trend:

bringing your best mate as your plus-one. *Game Of Thrones* BFFs Maisie Williams and Sophie Turner looked glued together, Busy Philips and Michelle Williams

who've been close since the *Dawson's Creek* days were hand in hand, and *Downton's* Michelle Dockery and Laura Carmichael partied together afterwards. We also spotted that Kaley Cuoco took her sister Briana along for the night. Girl dates are the new hot dates: you read it here first. ■

GoT girls: Little and Large

If you're
Abbey and
you know it...



Sister act:
Kaley and
Briana Cuoco

Kicking babies, scowling wives and doting husbands

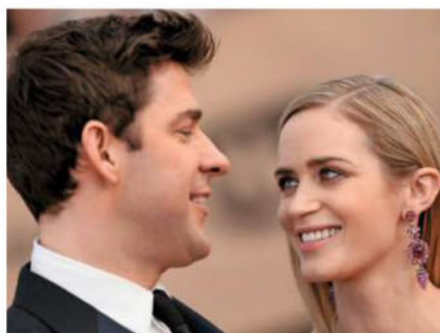
ALL THE GOSS FROM THE SAG AWARDS AFTER-PARTY



Claire Foy and **Matt Smith** were inseparable, despite having partners. Matt led his *The Crown* co-star around as though she were his IRLwife. Cute!



Nicole Kidman doesn't like to share her husband **Keith Urban**'s attention. When **Salma Hayek** stopped to tell Keith how much she loved his new song, our insider claims Nicole scowled and quickly dragged him away.



Emily Blunt lost the SAG, but won at marriage. Her husband, **John Krasinski**, couldn't stop gushing about her. And when her feet got sore at the end of the night, he carried her out to their waiting limo.

Awkward: **Sofia Vergara** and **Thandie Newton** got the sequins on their gowns tangled during a hug. They were stuck hip to hip in fear of ruining their designer dresses until Sofia's stylist separated them.



Kate Hudson probably shouldn't have gone for a gothic look: she's rumoured to be dating **Brad Pitt** and people whispered her dress was very **Angelina Jolie**...



Kirsten Dunst was proudly showing off her engagement ring all night. But instead of talking about fiancé **Jesse Plemons**, she seemed more interested in whether her ex-boyfriend **Garrett Hedlund** was going to be in the audience.



Emma Stone and **Natalie Portman** were huddled in a corner talking politics until Natalie's baby started kicking, then Emma wanted to feel her bump.

This week
**WE'RE
OBSESSED
WITH**

#28

DAN KENNEDY

FERNE: turns m crazed

She's Insta-stalking

The *Only Way Is Essex*, *I'm A Celeb*, *This Morning*... We've seen many different sides of Ferne McCann. But have we seen her crying in a corner at a singles' disco? Not until ITV's *Celebs Go Dating*, which forces the famous to date civilians. The presenter, who's only had brief flings since splitting from *TOWIE*'s Charlie Sims two years ago, will get love training from expert matchmakers alongside fellow contestants Joey Essex, *CBB* winner Stephen Bear, Kim K's BFF Jonathan Cheban and *Diversity*'s Perri Kiely. We sat down with the singleton to see what she's learned...

'I would have a baby tomorrow. I have my names all ready'

What made you go on the show?

I really just want to meet someone. I'm 100 per cent ready to settle down. I want a guy to love, and I would have a baby tomorrow. I literally have all my baby names ready.

Have you ever tried Tinder?

I tried it a few years ago, but all the guys were screenshotting me and sending it to my ex-boyfriend on Twitter. It's very difficult for me to do something like that, and you would always get everyone swiping "Yes", just because you're on TV.

Do you worry about men using you for fame?

Actually, more guys are put off by my fame. But you can suss out if someone wants to be famous or not.



With ex, Charlie Sims, Christmas 2014



Ferne: 100 per cent ready to settle down



CELEBS GO DATING

'Dating me into a psycho'

g her way to The One...

How are you on dates?

I'm so not cool. I get really nervous. Instagram has taken stalking to a whole new level, and the more they don't text you back, the more you turn into this crazed psycho before you've even had sex with them. I'm that girl.

You didn't fancy any of your fellow celeb daters then?

Er, Joey was engaged to my best friend [Sam Faiers] and I went out with his cousin for five years! And I wouldn't, anyway. Jonathan Cheban is amazing, but I've not really spent enough time with him. We're going out for dinner, though. And then Bear is just mad and I don't fancy him. He's like my opposite kind of guy; we would clash.

Plus, he used to go out with your other mate, Vicky Pattison?

Exactly! I haven't seen much of her lately, because we're both so busy, but we're still really close.

How do you feel since your nose job?

It was the best decision I've ever made. And I'm trying with body confidence. I'm going to the gym a minimum of three times a week. I'm being realistic, though. I used to be like, "I'm going to juice, I'm going to exercise twice a day..."

Will you get any more surgery?

Nope. A non-surgical bum lift, but that's it. ■

Celebs Go Dating is on every night of the week starting Monday 13 February, E4 at 10pm



They call him Mr Charm. No, of course they don't

JOEY ESSEX:

'I want a 10/10 girl this time'

You were on the first series of CGD – why are you back?

Because, obviously, I didn't find love, did I?

You did a bit with Steph Pratt, though, didn't you?

Did I find love with Steph Pratt? Not really, nah. Everything was cool, but some things don't work out.

Will you actually date a non-celeb this time?

It's in my contract, so I haven't got a choice. And everyone I've dated in the limelight always seems to crash. I want an absolute weapon. A 10/10 sort.

Do you talk to any of your exes?

No. I mean, why would you speak to your ex?

PERRI: 'I'VE NEVER HAD A DATE – PEOPLE THINK I'M 12'

You're best known for being in Diversity – why did you sign up for the show?

I'm looking for someone. I'd never been on a date or had a relationship before the show. I've had one girlfriend in my life, and we got married in the playground!

What did the experts say?

The first time I went into the agency, they were like, "So why are you here?" And I said, "Well,

firstly everyone thinks I'm still 12..." I'm 21 now!

Did the Diversity lads offer any advice?

They try to, but I don't believe they're really trying to help. I think they're trying to set me up. So I block them out and then debrief them when I get back.

What's your type?

I don't know. Although, Selena Gomez would do. Or her clone.



He can get served at the bar. Honest

#29

SIMON WEBB; REX; SHUTTERSTOCK

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Volkswagen

*At the end of the agreement there are three options: i) own the vehicle: pay the optional final payment; ii) return the vehicle: subject to fair wear and tear, charges may apply; or iii) replace: part exchange the vehicle. Available on Solutions Personal Contract Plan. ^Covers first two consecutive services (limited to 1x oil service and 1x oil and inspection service). 18s and over. Subject to availability. Finance subject to status. Terms and conditions apply. Excess mileage charges up to 4.8p per mile. Offer available when ordered by February 14th, 2017. Offers are not available in conjunction with any other offer and may be varied or withdrawn at any time. Accurate at time of publication. Freepost Volkswagen Financial Services. †One year's insurance included at no extra cost from Volkswagen Insurance is available on new Polo models ordered from 21st December 2016 to 3rd April 2017 and registered by 30th June 2017 for drivers aged 18-80 (BlueGT and GTI is 25 and over). Drivers under 18 are not eligible. Residents of Northern Ireland must be aged 19-80 and must have held a full driving licence for a minimum of 2 years. Drivers aged 18-24 are required to share their driving style data with a telematics product. Other eligibility criteria apply. Go to www.insurewithvolkswagen.co.uk/polo for full terms and conditions. This offer may be extended, changed or removed at any point. Volkswagen Motor Insurance from Volkswagen Financial Services is arranged and administered by Carrot Risk Technologies Limited. Standard EU Test figures for comparative purposes and may not reflect real driving results.

Official fuel consumption figures for the Polo range in mpg (litres/100km): urban 39.2 (7.2) – 48.7 (5.8); extra urban 60.1 (4.7) – 68.9 (4.1); combined 47.1 (6.0) – 74.3 (3.8). Combined CO₂ emissions 140 – 97g/km.

Quote UNQUOTE

They talk. We listen
(sometimes)

"I PUT VEGEMITE ON MY TOAST, MY BISCUITS... STEAK OCCASIONALLY"

OK. We get it, **CHRIS HEMSWORTH**, you're a proper Australian

"I'M SUCH AN EARTH PERSON"

Mainly because **VANESSA HUDGENS** wouldn't be able to breathe on Mars

"I'M IN A F**KING ROCK BAND, AREN'T I? THERE HAVE ALWAYS BEEN GROUPIES. I JUST GOT CAUGHT, DIDN'T I?"

OZZY OSBOURNE: not buying into the recent claims he's a sex addict

"I'LL KILL HER. IT BETTER NOT HAVE BEEN ON MY WATCH. I'M SHOCKED AND STUNNED. MOST OF ALL STUNNED"

Watch your back, Katie Price - **SINITTA**'s just heard about your fling with her ex, Simon Cowell

"BEFORE I GO ANYWHERE, I'LL HAVE PANCAKES OR, LIKE, A VEGGIE BURGER OR WHATEVER, JUST TO BE PREPARED"

Preggers **NATALIE PORTMAN** is serious about eating for two

"I CAN DO THAT IN MY SLEEP"

MISSY ELLIOT can make "hot records" without even being awake

"MINE WAS A LITTLE LESS LEFT FIELD THAN A CAVE. IT WAS A TYPICAL TEENAGE THING, AT A PARTY"

KIT HARINGTON lost his virginity in a much warmer place than his character Jon Snow, which is nice

the week in PICTURES

Like Shakira's hips, our lens doesn't lie

#32



LOS ANGELES, 31 JANUARY

It's Jamie Dor-fun

WHERE? *The Ellen DeGeneres Show*.

WHAT? Finally, Jamie Dornan cracked a smile on the *Fifty Shades Darker* press tour, and all it took was Ellen DeGeneres Sellotaping him to a bed for a bit of BDSM fun. Turns out that Jamie loves a bit of kinky bedplay, just as long as it involves a chat show host wearing fake boobs, dressed as a shop assistant, and he gets to wear a wig. Blimey, even Christian Grey would be a bit embarrassed about that lot.

SO? His tastes are... singular. You wouldn't understand.



NORWICH, 27 JAN

HM gets a cold welcome

WHERE? A Fiji exhibition.

WHAT? When you think about Norwich, what do you picture? The football club? Alan Partridge? Ropiey nightclub Mercy? Jarrold's department store? Or this man, in traditional Fijian dress, shivering because he's been made to stand on a cold wet pavement in his bare feet to greet the Queen? It's because there's a new Fiji Exhibition at The University of East Anglia, but Her Majesty didn't seem that thrilled to see it. Better luck next time, mate.

SO? She's exactly at eye level with his doubtless very stiff nipples. This is awkward.



#33

Parrot:
"Teaching
this one
to talk was
tough"



TENERIFE, 1 FEB

Pete gets all the hot birds

WHERE? Santa Cruz.

WHAT? In the past week, Pete Wicks and Megan McKenna have had a public row, gone on holiday together, made up and kissed on camera to prove it. But could this hot new bird cuddling up to Pete ruin Pegan's reconciliation? Well, no, of course not: it's a parrot. Don't be disgusting.

SO? Oh, we get it now: his nickname's Pete The Pirate.



the week in PICTURES



LOS ANGELES, 29 JANUARY

Ryan even ties Meryl up in knots

#34

WHERE? The Screen Actors Guild Awards.

WHAT? Beloved by the world, nominated for every award under the sun and the BFF every woman wants Meryl Streep may be an absolute legend, but even she can't resist Ryan Gosling's charms. And who can blame her. Look at the way he's gazing at her. It's full on "Hey girl".

SO? Now we definitely want to shake Meryl's hand, then strangle her for trying to steal Ryan.



NEW YORK, 31 JANUARY

Jessica is a horse whisperer

WHERE? A film set.

WHAT? We can't tell if Jessica Chastain is whispering lovingly into this horse's ear, or threatening it. But we do know why she's talking to a horse in the first place. She's filming *Molly's Game*—a biopic about Molly Bloom, an Olympic skier who got in trouble with the FBI for establishing a high-stakes, international poker game.

SO? Stop horsing around and get back to work, Jess.



Horse: "Speak up, love"



Mitts off
him, Streep



She's a bit
flash, that one



HAWAII, 28 JANUARY

Amber Rose gives herself an airing

WHERE? A Honolulu beach.

WHAT? What would you do if you were feeling a little warm down under? Give it an airing, right? Well, for the 3,789th time, we're glad we're not famous like Amber Rose, because if the paps caught some of what we got up to while sweating it out on a sun lounger, it wouldn't be pretty. In fact, Amber's little fanny flap is positively ladylike.

SO? Sun. We want sun. When will we get sun?



NEW YORK, 31 JANUARY

Gigi makes a mug of Zayn

WHERE? A pottery studio.

WHAT? What is the most basic bitch thing you could ever give your boyfriend? Call off the search, because Gigi Hadid has found it, and it's on its way to Zayn—a mug, that she painted at a pottery store, with his face on it. TBF, she's done a great job at capturing that quiff.

SO? We're pretty sure the moody one has never worn a jumper that shade of lime green.

"Now you'll never,
ever leave me"

Mel C: 'MY NEW YEAR DUET WITH VICTORIA *was a bit spec*

The artist formerly known as Sporty Spice talks tats, pants

and getting VB up on stage with Jordan Paramor

I was at a disco at my daughter's school recently and, all of a sudden, I realised I was mum dancing!" laughs Mel C. "Thankfully, when I get up onstage, I think I do OK, but it was a bit of a worry."

That just about sums up the girl who is one fifth of the most successful girl band of *all time*. She's sold over 90 million records as a Spice Girl and ten million as a solo artist (she released her sixth album, *Version Of Me*, last October), but somehow she's managed to stay resolutely down-to-earth. It's as if you're having a cosy chat with someone you've just sat next to in the doctor's waiting room.

Although she definitely knows her own mind (she shuts down *heat's* questions about her love life without blinking), she's also warm, funny, honest and positively glows when talking about seven-year-old Scarlett, her daughter with ex-partner Thomas Starr. And, thanks to her

healthy lifestyle (she did three triathlons last year), Mel looks a lot younger than her 43 years.

As she prepares for her first-ever stint as a Magic radio host, we caught up with the Sporty one to talk about her New Year's Eve duet with Victoria, why she pulled out of the Spice Girls reunion, and the truth about her controversial Little Mix comments...

You're taking over Kim Wilde's Magic radio show for three months. Will you be playing any of your own songs?

Oh, I don't know. Will I be allowed? I might try and sneak one in. It's mainly a request show, but I may try and get a bit of vintage Melanie C or Spice Girls in there.

Which Spice Girls track would you choose?

I recently performed *Two Become One* and people love it, so maybe that would be in there.

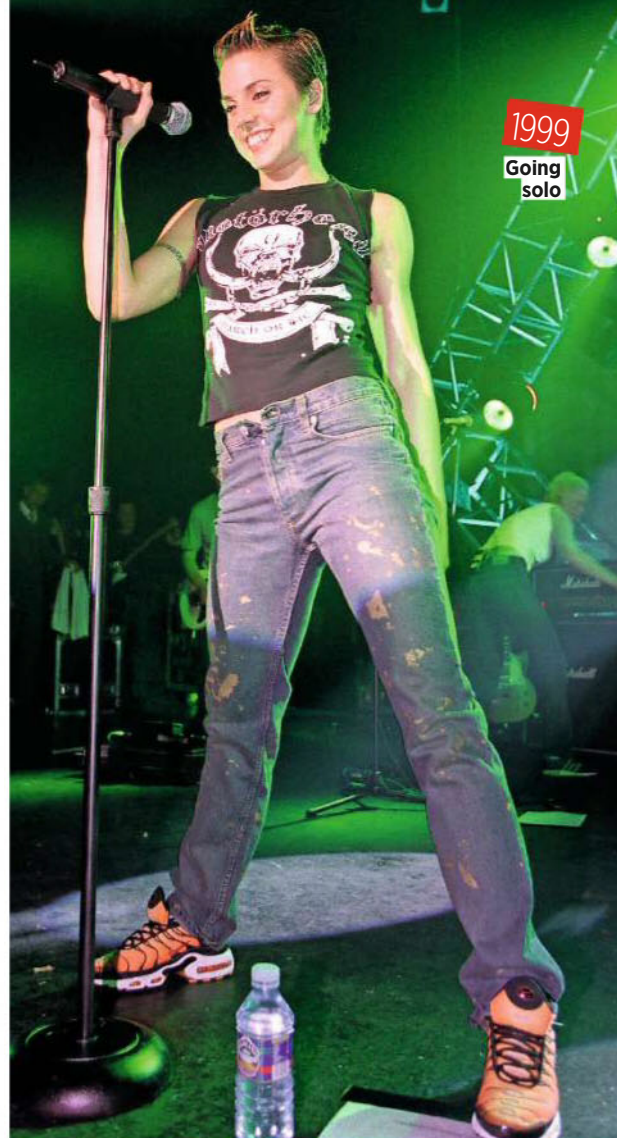


A

cial'

#37

MELANIE C: A SPICED-UP LIFE



I think our ballads like *Viva Forever* are lovely, so definitely one of those. **You performed a *Two Become One* duet with Victoria Beckham on *New Year's Eve* and the video was everywhere. How did that come about?**

I was asked to perform at a resort in the Maldives, and it was where Victoria was going on holiday. I got there a few days before New Year, and Victoria and I had a bit of

dinner and I was saying to her, "I'm doing a Spice Girls song and I'm expecting you to get up." She's deadpan and very funny, so she was like, "Yeah, of course." I thought, "There's no way she's going to get up." But when it got to the point in the set where I was going to do *Two Become One*, I said to her, "It's your last chance!" And the next thing I know, she's up there. It was so lovely, because the last time we were onstage together was at the 2012 Olympics. That

was such an incredible night, but Victoria found it quite hard. She was so nervous, and it was after that, she was like, "I don't think I want to do this again." So to have her with me again on that night... I was like, "This is a bit spesh."

Are you still in touch with all the other Spice Girls?

Yes, to varying degrees, as it always has been. You know, like you are with a gang of mates. I see

Emma a lot, because she's just up the road from me. Geri is obviously very busy now with the new little man in her life [Geri gave birth to baby Monty last month], and Mel [B] is kind of everywhere all the time, so she's probably the one I have the least contact with, mainly because she's so busy.

Are you in love with Harper Beckham as much we are?

[Gasps.] Oh my God, she's wonderful. She's so fun. All the Spice kids are just brilliant. It's funny, because you don't know how your friends are going to be as parents, and I think everyone is pretty strict. You've got to be, right? But they are just the most wonderful children.

Do you think Cruz is going to be a massive pop star one day [he released his debut single last Christmas]?

If he wants to be, he absolutely could be. He's got the swagger. He's just one of those kids. He's musically talented, he plays guitar and he sings brilliantly.

Why did you decide not to do the Spice Girls reunion?

After the Olympics in 2012, we'd

had so much fun and it seemed like something that was a possibility, so we wanted to keep our options open. But, as time went on and it got closer, I had reservations about it and I thought, "I've got to acknowledge that I'm not feeling 100 per cent cool about this." And, you know, Victoria didn't want to do it and I felt like the Olympics were so amazing and it was all five of us. I felt like anything less wouldn't have been good enough.

And in the end you had to go with your gut?

[Nods.] It's such a shame. I think what's so hard about us girls is that we achieved something so incredible and so unique, and that's allowed us to go off and have wonderful careers and we all have families, and that's taken us all in very different directions. So to get it all to work and fit back together again, you need everyone on the same page. I know it seems simple, but to get four or five people together is really, really hard.

Are Geri, Emma and Mel B still going ahead with the reunion?

It's not something that I've





MEL C ON...

PERFORMING: "I love being onstage. I'm more comfortable performing than I am in an everyday situation, which I can't quite explain."

BEING HONEST: "I don't want to hurt anybody or be offensive. But I don't want to not be me."

WORST JOB: "Working in a chip shop when I was 16. I gave my friends massive portions, but the smell was gross."

FAME: "Like the rest of the Spice Girls, I learnt very early on that you can't take one slice of the pie when it comes to fame. You have to eat the whole thing."

SOCIAL MEDIA: "If I wasn't who I am, I'd never be on social media - the entire thing bothers me."

I look at my little girl and think, "That's not setting a very good example, is it?" I love tattoos. I think they look amazing and some people have wonderful ones. But then I see my little girl with her perfect skin and think, "Don't you dare..."

The current trend seems to be to get them removed. Is that something you would ever do?

You know, I would, but the thing that stops me is that it really hurts. The trouble with tattoos is that it's like anything: it's fashion. [Laughs.] The '90s Celtic band on my arm has probably come back round now. ■

Hear Melanie C every Sunday on Magic Radio from 10-1pm until 23 April. Go to Magic.co.uk



1999
Rocking out with Bryan Adams



2007
The Spice Girls reunion tour



2008
Pregnant with Scarlett



2009
Appearing onstage in musical Blood Brothers in 2009



2012
Making a point at the Olympic Closing Ceremony

discussed with them, so I honestly don't know.

Have you spoken to Geri since she had Monty?

I haven't yet, but I saw a very cute picture on Instagram. I'm really looking forward to seeing him and I'm so, so happy for her and Christian [Horner, her husband], because I know it's something they were both hoping for.

There was a big fuss about your comments about Little Mix [Mel suggested in an

out of hand. It's a shame, because I've not bumped into the girls since that happened and I can't wait to because I'll be knocking on that door and going, "Come on, girls!" because they *must* know. They know what it's like [to have words taken out of context].

Your daughter Scarlett loves them, doesn't she?

And I love them. I've always, always been so supportive of them. There's never been another girl band that's come close to the Spice

a shoot with *Love* magazine and I was the most scantily clad I've been in my career, but I'm not provocative. I'm not an overtly sexual person and that's not how I present myself. For me, it was more of a celebration of "I'm 43 and I'm in pretty good nick". I work really hard and it was a silly picture, so it didn't bother me.

You look totally amazing - what's your secret?

Last year, I did three triathlons, so that kept me super-fit. I also

do gym work and some hot yoga. I just want to stay strong. I live near Hampstead

Heath, so it's nice to get out and run. I'd love to compete again this year, but work takes priority, so I'll have to see what works around it.

Can we ask how your love life is?

[Laughs loudly.] No, you can't!

Fair enough. Are you planning to have any more tattoos?

No. I'm not planning any, but sometimes they just happen by accident. I think I've got enough.

'Cruz Beckham could be a massive pop star - he's got the swagger'

interview that the girls were too provocative.] Do you regret them?

There were a few weird things that happened last year and that was the one that really upset me, because I love Little Mix and I've always supported them. A journalist really put words in my mouth and, of course, out of one story came 100 new ones thanks to the beauty of the internet. That all got way, way

Girls, and Little Mix are amazing. They're the best girl band we've had in years. They're great singers, they look great and they've got bags of personality and a good attitude. I fully support that.

After you'd made those comments, you got criticised for posting a photo of yourself in just your pants online...

I don't really care about that. I just thought it was silly. I did

Torso OF THE WEEK

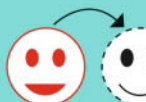
Who's showing up the rest
of mankind this week?

#40



WHAT WOULD YOUR BABIES LOOK LIKE?

Our picture above is perfect for Face Swap.
Just take a picture on your phone, merge it
with your face on Snapchat and voilà!
Tweet us with your snap @heatworld



Getting
steamy in
*Fifty Shades
Darker*

HUSBAND GOALS #028

JAMIE DORNAN

✓ Here's Jamie Dornan as Christian Grey in the *Fifty Shades* franchise, and whaddaya know? He's got his top off on a French beach. What a lovely thing.

✓ It takes work for Jamie to get this torso. *heat* spoke to Jamie's trainer, Neil McTeggart of Belfast's IronFit gym, who told us, "Jamie was always a skinny kid - he's very lean. We do programmes that focus on body weight."

✓ Jamie's revealed how he maintains his modesty shooting the saucy films, saying, "As a guy, you put all your essentials in a little bag and tie it up like grapes." We can't tell if we just went off grapes or not...

SPLASHNEWS

HEMS- WATCH

WHAT HAVE OUR FAVE SIBLINGS BEEN UP TO?

When you're as macho as *Westworld* star Luke, you have no problems getting in touch with your feminine side. Which must be why he's sporting this clutch at the SAGs.





SPOTTED!

Seen a celeb in the wild? Tweet us with your sightings #Spotted

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TOP SPOT



A-list couple
Javier Bardem
and Penélope
Cruz with their
kids Luna and
Leo at Vauxhall
City Farm
in south-
west London.
Spotted
by Sasha



EU botherer
Nigel Farage
looking a
bit furtive,
smoking a
cigarette behind
the National
Gallery in
London.
Spotted
by Femi

CRAP SPOT



LAUREN

LAUREN POPE

SPOTTED Congrats, Kelly Hoare, for this snap of the former *TOWIE* star on a night out in Torquay. Nice job, babes.

SPOTTED A very handsome and rugged-looking **MATTHEW MCCONAUGHEY** at Claridge's in London. **Seen by Victoria**
SPOTTED Oscar-winning actress **BRIE LARSON** grabbing a juice in Santa Monica, California. **Seen by Charlie**
SPOTTED Former Wanted singer and *Strictly* 2015 winner **JAY MCGUINNESS** walking between the carriages on a Northern Line Tube in London. **Seen by Kelly**
SPOTTED Snooker player **JIMMY WHITE** eating with his family in Marbella, Spain. **Seen by Jade**
SPOTTED *Made In Chelsea*'s **JOSH "JP" PATTERSON** and his pregnant on-off girlfriend

BINKY FELSTEAD watching *La La Land* in Kensington, south-west London. **Seen by Claudia**
SPOTTED TV presenter and actress **DENISE VAN OUTEN** with her daughter Betsy at One Warwick Park Hotel in Tunbridge Wells, Kent. **Seen by Bethany**
SPOTTED Singer **FKA TWIGS** dressed all in black and wearing round sunglasses leaving the Ace Hotel in Shoreditch, east London. **Seen by Ena**
SPOTTED Actress and model **PAMELA ANDERSON** arriving at a refugee centre for a visit in Dunkirk, France. **Seen by Olivia**
SPOTTED Actress **MINNIE DRIVER** at The Athenaeum Hotel & Residences in London's Mayfair. **Seen by Sharon**



Spotted
AT THE
OPENING
OF AN
ENVELOPE

ASHLEY JAMES

SPOTTED The former *MIC* star was at the opening of the LaLit Hotel in central London.

#41

*WINNERS MAY BE CONTACTED AND BANK DETAILS WILL BE REQUIRED. PLEASE NOTE: PAYMENTS MAY TAKE UP TO 28 DAYS TO ARRIVE. PICS MAY APPEAR (FREE OF CHARGE) ON HEAT, MOBILE, THE CELEB NEWS SERVICE ON EE, VODAFONE, 3 AND O2. PHOTOS: GETTY IMAGES.COM

WILL THERE BE MORE
GRATUITOUS BIKES?



DOES ELEVEN
RETURN?



EVERYTHING
WE KNOW ABOUT...

STRANGER TH

The Netflix phenomenon slayed the SAGs last week. Time to get up to speed with the soon-to-dro

The cast of *Stranger Things* are having a pretty awesome time at the moment. At the Producers' Guild of America awards, they won Best TV Drama. Then the next evening at the Screen Actors' Guild Awards, they won the Best Ensemble gong, beating *Game Of Thrones*, *Westworld*, *Downton Abbey* and *The Crown*, no less. No wonder the stars all looked so giddily thrilled. And all this came on top of the show's triumph at the Golden Globes in January. So, with the pressure on for the impending second series (rumoured to drop mid-July, a year after the last episode of series one arrived), we thought it's time to run through every single thing we know about *ST2*...

Raaarghh

WHERE (AND WHEN) WILL IT BE SET?

It's been confirmed that *ST2* will take place roughly a year after the events of season one partly because the teen cast members will have clearly aged. We'll also get to see more of the fictional small town of Hawkins, Indiana, as the series explores the effect that locals mysteriously disappearing and/or dying has on the community.

WHAT'S THE PLOT?

While series one was all about the disappearance of Will, we didn't actually get to see that much of him. But season two will feature him a lot more, as Netflix has confirmed 12-year-old Noah Schnapp, who plays him, is now a "series regular". Expect the story to focus on what effect

his experience had on him, and the fallout for his family and friends.

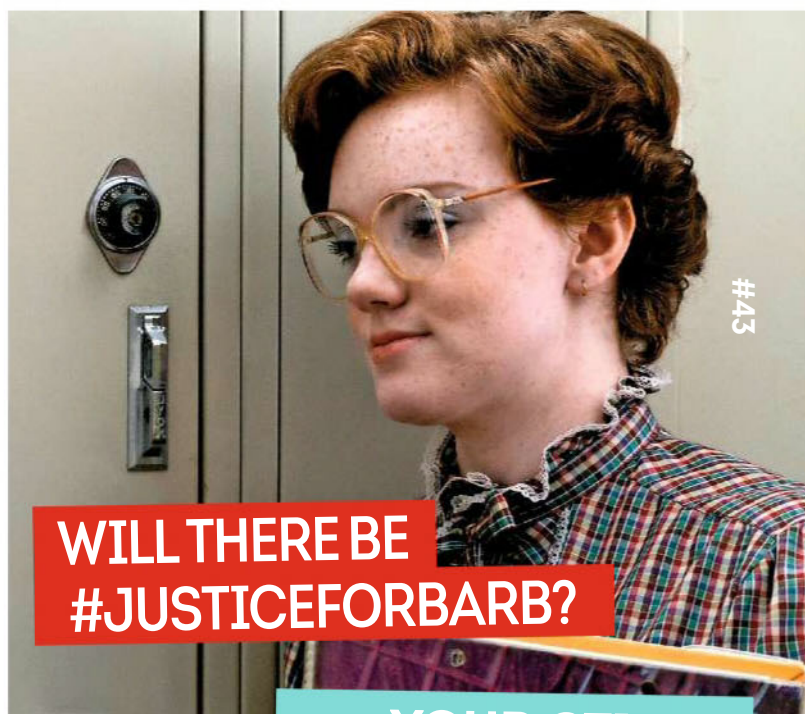
ANY NEW CHARACTERS?

There's a gaggle of newbies in series two, including two '80s movie stars. Sean Astin from *The Goonies* will play Bob Newby, a nerdy old classmate of Joyce (Winona





WHO WILL
NANCY PICK?



WILL THERE BE
#JUSTICEFORBARB?

#43

THINGS 2

top season two

Ryder), and her new boyfriend. Paul Reiser (*Aliens*) will star as Dr Owens, a high-ranking Department of Energy operative tasked with containing the events of last year. We'll also meet a journalist and conspiracy theorist called Murray Bauman (Brett Gelman), investigating old goings-on in Hawkins.

As for the younger roles, Danish actress Linnea Berthelsen has been cast as Roman, "an emotionally damaged young woman" who's somehow connected to the supernatural events at the lab. There'll also be a bad-ass skateboarding teen girl called Max (Sadie Sink) and her older, hot step-brother Billy (Dacre Montgomery, right). He's officially our new *Stranger Things* crush.



Dacre Montgomery: hot property

WHO'LL BE BACK?

All the main surviving characters are set to return including Eleven, whose fate was in doubt. As for cult figure Barb, it doesn't look like we'll see her again, even in flashback. Poor Barb. Although we are promised some kind of "justice" for her. Expect to see a deepening love triangle between Eleven and Nancy, too.

ANYTHING ELSE?

There'll be nine episodes this time, and we know the titles: 1 Madmax; 2 The Boy Who Came Back To Life; 3 The Pumpkin Patch; 4 The Palace; 5 The Storm; 6 The Pollywog; 7 The Secret Cabin; 8 The Brain; and 9 The Lost Brother. Let speculation commence as to what they mean. ■ BOYD HILTON

YOUR ST1 CRIB SHEET

A SPOILER-FREE GUIDE IN CASE YOU STILL HAVEN'T HAD TIME TO WATCH ALL EIGHT EPISODES YET

The story takes place over one week in November 1983 in Hawkins, Indiana. When 12-year-old Will Byers disappears mysteriously, his mom Joyce begins a desperate search for him, along with her older son Jonathan. Local Police Chief Jim Hopper launches an investigation, and Will's three best buddies, Mike, Dustin, and Lucas start their own hunt, too. Oh, and there's also Eleven, a crop-haired girl with special powers who seems to know something about missing Will. Eleven is also a person of interest for Brenner, a scientist in charge of a government lab where scary experiments are taking place. But how are the lab, the scientists, Eleven, strange sightings in the woods and other unexplained deaths connected to Will?

THEN

#44

WHERE IT ALL WROTE *Misc*

When she left *The O.C.*, everyone of her generation. But over the pa

Two weeks ago, Mischa Barton was rushed to hospital and kept there overnight after her neighbours reported seeing her half naked and screaming over the fence at her West Hollywood home.

A disturbing video, clearly taken by a neighbour and posted by a US website, shows Mischa ranting about her mother being a witch, the end of the world and repeating the phrase, "I feel it coming and it's angry." Three days later, Mischa issued a statement stating she'd had her drink spiked with a date-rape drug, saying, "On the evening of the 25th, I went out with friends to celebrate my birthday. I realised something wasn't right as my behaviour was becoming erratic and continued to intensify over several hours. I voluntarily went to get professional help, and I was informed by staff that I'd been given GHB. After an overnight stay, I'm home and doing well."

But Mischa's public meltdown is just the latest in a series of struggles for the 31 year

TWO WEEKS AGO

WE DID GO FOR *ha?*



expected Mischa Barton to become one of the biggest actresses in the next ten years, she has grabbed headlines for very different reasons...

old. When she left her role as Marissa Cooper on *The O.C.* in 2006, she was being hailed as “the next big thing”, but instead of landing leading roles, she’s had to deal with financial struggles, fighting her mother in court, an arrest for drink-driving and a stint on a psychiatric ward. So, where did it go wrong?

FAILURE TO LAUNCH

“Fans won’t let Marissa Cooper go – it’s so weird,” Mischa said last month. And it’s true to say she hasn’t managed to land a role that lives up to the damaged Californian teen. After the show, Mischa appeared in a series of movies that had no impact at the box office. Remember *Virgin Territory*? *Assassination Of A High School President*? *The Oh In Ohio*? Us neither. In 2009, Mischa went back to TV, in the Ashton Kutcher-produced show, *The Beautiful Life*, only for it to be cancelled after two episodes. Since then, she’s appeared in several straight-to-DVD movies. Her most recent comeback was appearing on *Dancing With The Stars* in the US, an experience she described as, “Awful. I was so confused by it.

It was like *The Hunger Games*. It was all a popularity contest. I was so glad to get kicked off.” She finished in 11th place.

Like the other stars she partied with – Paris Hilton, Lindsay Lohan and Nicole Richie – Mischa’s personal struggles ended up making more headlines than her work. In May 2007, she had to be taken to hospital after passing out at a BBQ thrown by Nicole, saying she’d accidentally mixed alcohol and prescription drugs. Six months later, she was stopped by police in the early hours for driving erratically. She was arrested on suspicion of driving under the influence, possession of marijuana and driving without a licence. She told *heat* Radio’s Ryan Seacrest, “I was pulled over... just that. I’m 100 per cent responsible for my actions and I’m really disappointed in

myself. I don’t know what to say, except I’m not perfect and I don’t intend to do something this stupid again.” She went to court-ordered rehab and spent time with a sober coach.

GIRL, INTERRUPTED

In 2009, Mischa was placed under a 5150 hold, which meant she was forcibly hospitalised in a psychiatric ward for two weeks. At the time, Mischa blamed

“pain from dental work”, but five years later, admitted her family had staged an intervention after she passed out from taking prescription drug Xanax. “It was a full-on breakdown. It was terrifying, straight out of *Girl, Interrupted*,” she said. “I was never suicidal. I was just overworked and depressed. But one slip of the tongue in a heightened moment and you find yourself in that situation.” Last year, Mischa claimed



With partner Artem on *Dancing With The Stars*

— BAFTA NOMINEE —
LEADING ACTRESS - EMILY BLUNT



EE
BRITISH ACADEMY
FILM AWARDS



THE THRILLER EVERYONE IS TALKING ABOUT

“DEVASTATINGLY
GOOD”



COSMOPOLITAN UK

“INCREDIBLE”

REVEAL



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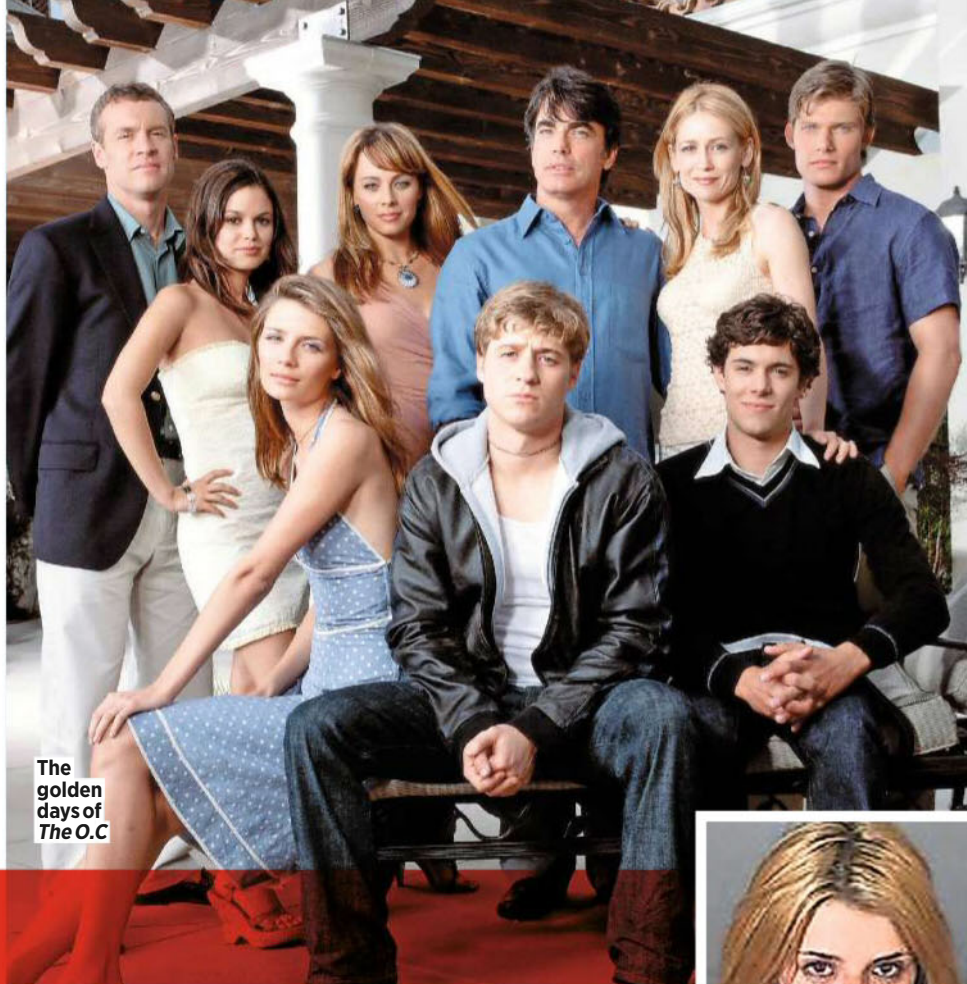
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DREAMWORKS
PICTURES

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The golden days of *The O.C.*

The O.C.

WHAT THE OTHERS DID NEXT



ADAM BRODY

After playing sexy geek Seth, Adam appeared in *Mr And Mrs Smith*, *Scream 4*, *New Girl* and *Fargo*. He met fellow teen icon Leighton Meester on *The Oranges* in 2010. They married in 2014 and had daughter Arlo the next year.



Mischa's 2007 mugshot

she "needed the break" because "it was an intense time. It used to be, like, ten or 12 paparazzi swarming the car all the time. And magazines insulted and judged everything I did, everyone I dated. I wanted to step back and reassess."

CAREER LOWS

Mischa started becoming more erratic in work situations, too. One journalist who interviewed her in 2009 tells *heat*, "She was vacant and very distracted. She kept staring at her phone, then gave an assistant a handful of cash to give to her friend who was waiting in the lobby. The assistant came back with an envelope. Obviously, I have no idea what was in the envelope, but it just seemed a bit strange." And another journalist tells *heat*, "I was

eyes out when I saw it. I wish I hadn't done it, and that's bad because there are enough misconceptions about me in the press."

When she first started out, Mischa's mother Nuala was her manager and publicist. But in recent years, the actress has become estranged from her parents – suing her mum last year and calling her "a greedy stage mother posing as a talent manager" in court papers. She claimed her parents had moved into her eight-bedroom house in Beverly Hills and refused to move out, and that her mum lied about how much Mischa was getting paid for movie *The Hoarder*, then kept the extra money. Mischa has had other legal problems, too – in 2010, she was sued by a landlord who claimed the actress owed him \$7k in rent, and US reports claimed she's had two cars repossessed in recent years, after failing to keep up lease payments.

Before her recent hospitalisation, Mischa claimed she'd been doing well: she presents a car show called *Joyride* in the US, and went on E! TV show *Hollywood Medium* to speak to her dead uncle. But, after turning 31 last month, she's spoken about making changes. "I keep thinking of this thing I heard – that if you don't reinvent yourself every seven years, you're doing yourself a disservice," she says. "I think it's really hard to do... but I'm kind of at that crossroads again. It's about time for me to reinvent myself and do something different." Good luck, Mischa. ■

'It's time for me to reinvent myself'

meant to speak to Mischa on the phone, but during the interview, she sounded pretty out of it. Her agent claimed she was on painkillers and that's why she sounded drowsy."

Last year, Mischa was sued for \$200k by screenwriter Daniel Lief, who claimed he had to recast his movie after Mischa dropped out. And then there was the moment Mischa appeared on Fearne Cotton's ITV2 show *Fearne And...* and made Fearne wait on her doorstep for hours. Mischa claimed the show misrepresented her, saying, "I cried my



RACHEL BILSON

She worked steadily since playing Summer: as the lead in *The Last Kiss*, guest appearances in *How I Met Your Mother* and starring in *Hart Of Dixie*. She is with *Jumper* co-star Hayden Christiansen, and had daughter Briar Rose in 2014.



BEN MCKENZIE

Since saying bye to Ryan Atwood, Ben's played surly TV policemen: first in *Southland*, then as James Gordon in *Gotham*, where he met fiancée Morena Baccarin. They had daughter Frances last year.

PUMP UP THE VOLUME!

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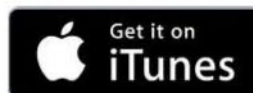
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WHEN THE GOING GETS TOUGH,
JUST PUSH THE BUTTON AND TURN IT UP...

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TESCO



Wear it's at

The week in chic

Anyone who says you can't buy happiness hasn't read these pages



We're still fully committed to La La Land's '50s-nostalgia style



Velour tracksuits are back! Bag yourself a bargain with this Topshop number (£24)

THE RADAR

What's making our style senses tingle this week

Wedding planning? Keep an eye on the high street – Missguided's bridal collection has just dropped



Unleash your '70s disco diva with these platform heels from Mango (£59.99)



Out all night?
Our kind of girl



STYLESTALKER

ALANA HADID

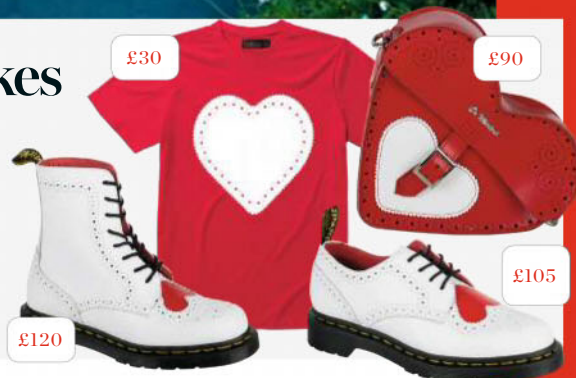
Just when we thought our Hadid obsession had peaked, another one pops up and sets us on full fashion alert. Step in older half-sister and self-dubbed "fashionie person" Alana. With just as much style as her model siblings and a selfie game to rival them, too, Alana, 31, is definitely worth a follow on Insta. If being a Hadid wasn't cool enough, she also runs her own emoji-inspired T-shirt brand, Current Moji, which Gigi, brother Anwar and Joe Jonas have all been snapped in. Bella who?



We're off to buy a bandanna

High-street hot cakes

Forget sleeves – this 14 Feb we'll be wearing our hearts on our feet, tees and bags. Dr Martens' Valentine's collection is the perfect blend of kitsch and grunge. We want.



£30

£90

£120

£105

Wear it's at

Flirty florals

To quote *The Devil Wears Prada*, "Florals? For spring? Groundbreaking." But petal prints are indeed back (again), and these pretty pieces will give your wardrobe a lift until summer arrives.



£30
Primark



£44.99
New Look



£70
ASOS



£65
Topshop

This has detail on the back, too – a big trend for S/S17

Jackets

From parkas to bikers – if there's a jacket style out there, there'll be an embroidered version. FYI: military styles will be big this season, and the Western look is still going strong, so get involved.

D&G S/S17



Olivia Palermo



Going plant-based
from top-to-toe
is where it's at this
spring...



Temperley S/S17

Dresses

The new florals on the high street have taken inspiration directly from the catwalk. The floaty maxis and smock-style dresses are perfect for layering. Alternatively, opt for an A-line number and pair with boots.



£60
V by Very



£120
Miss
Selfridge

This dress is
giving out real
Temperley vibes.
Worth those
extra pennies



£59.99
Zara



£69.99
Mango

Street Style



£29.99
New Look

Jeans

Upgrade your denim with a dose of embroidery. Detailing on the hips gives the illusion of curves, while embroidered legs draw the eye downwards.

Blue jeans always look great with a white tee. Add metallic trainers and you're good to go



£55
Topshop



£29.50
M&S

Shirts

Give the shirt trend an extra style twist with some pretty stitching. Fitted styles look great tucked into a midi skirt while oversized pieces are ideal for layering over a rollneck.



£25
Pretty Little Thing



£22.99
New Look

The subtle pattern on this makes it a great transition piece from work to club



£29.99
Zara

Model Freyja Refoy



Knits

Keep cosy in these embellished pieces. Perfect with jeans and a shirt or slip over your slip dress.

This beauty has been restocked once already, so get in quick and grab one while you can



£39.50
Per Una
@ M&S



£69.99
Zara



£39
Topshop



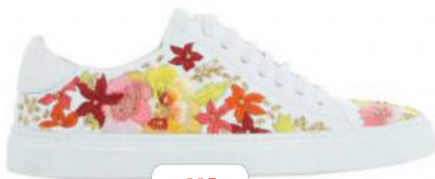
£39.50
Per Una
@ M&S



Model Miriam Leone

Fancy feet

Trainers are getting the floral treatment, and any of these will add interest to your off-duty look.



£95
Dune



£49
Monsoon



£21.99
La Moda

Pair with denim dresses in the summer to get excellent cost-per-wear



Street Style

Subscribe to heat & get a free Body Shop eye make-up duo

Get this fabulous eye shadow glow palette and smoky eye definer pencil by

Body Shop when you subscribe to *heat* this month. The palette includes some gorgeous neutral shades, which bring out the natural beauty in all skintones and eye colours. Handily, the individual shades click in and out of the palette casing, so you can switch between palettes and quads as you please. The definer pencil's handy sponge tip, meanwhile, helps you blend with ease so you can get the perfect smoky eye look in seconds. After all, reading *heat* is an experience worth getting glammed up for.

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The shelfie

heat
UP YOUR
Valentine's

V-Day = the perfect excuse to get a new perfume. Here's our pick of the best...



1 **Best collector's classic**

Giorgio Armani have given their heady Si scent a luxe redesign.

Giorgio Armani Si Rose Signature, £68/50ml (EDT)

2 **Best for sharing the love**

This heart bottle is the perfect way for your other half to show they care. The watermelon scent is to die for, too. Just leave this page open... **Vera Wang Princess Of Hearts, £50/50ml (EDT)**

3 **Best Insta-worthy bottle**

We're not sure if we want to spritz this sensual violet perfume or just snap a picture. **Marc Jacobs Daisy Kiss, £55/50ml (EDT)**

4 **Best fruity fragrance**

Combining pink grapefruit, blood orange and redcurrant, this packs a tropical punch.

DKNY Be Tempted Eau So Blush, £50/50ml (EDP)

5 **Best long-lasting scent**

Chloé's classic bottle is inspired by the love lock bridge in Paris, and has a floral scent we could smell each time we moved. **Chloé Love Story Eau Sensuelle, £68/50ml (EDP)**

6 **Best for impressing**

Soothe your sweet tooth with YSL's candy scented fragrance. The glitzy bottle will also add

serious sparkle to your morning routine. **YSL Black Opium Bloom Floral Shock, £71/50ml (EDP)**

7 **Best dressing-table bottle**

Paco Rabanne have created a more, well, intense version of their famous Olympéa fragrance. We love the salty vanilla and amber notes.

Paco Rabanne Olympéa Intense, £62 /50ml (EDP)

8 **Best citrus scent**

Salvatore Ferragamo's zesty new offering is the perfect way to treat yourself this Valentine's Day – you deserve it. **Salvatore Ferragamo Signorina In Fiore, £50/50ml (EDT)**



RETRO STYLE LESSONS #1

Hilary Banks

We've got the ultimate fashion rules from

Bel Air's favourite privileged princess...

If you have binge-watched your way through the entire six-season run of *The Fresh Prince of Bel-Air* (it's just dropped onto Netflix), then you're probably suffering from a serious case of '90s fashion nostalgia. Which is just as well, because –

for four seasons running – looking like a fashion plate from 1996 has never been haute-r. The freshest fashionista of them all? Hilary Banks, Will's cool cousin and glamorous TV chat show hopeful. Take note from her killer sense of style and start practising your best, "Daddy, I need \$500."



BAG A BLAZER



£40
Very



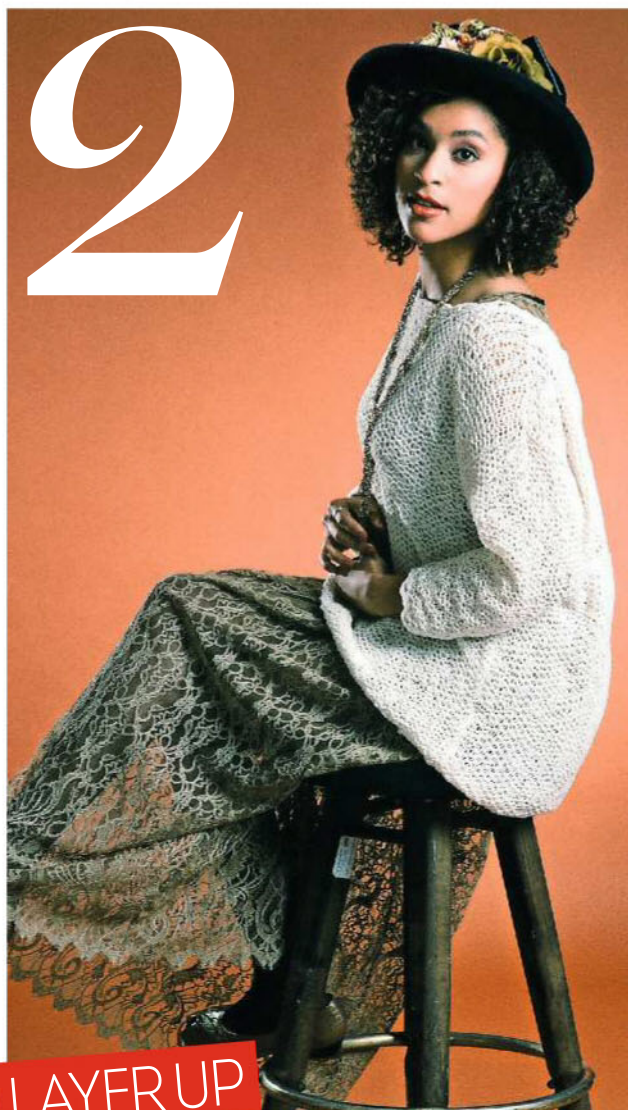
£66
Lavish Alice



£49
Miss
Selfridge

Blazers comprised roughly 90 per cent of Hilary's wardrobe. Luckily for her, they're having a serious revival, thanks to the Saint Laurent and DKNY catwalks, but the high street has some great options, too. Choose padded shoulders and boxy cuts for a nostalgic vibe, while bow details and pyjama styles will give a contemporary update.

2



LAYER UP

Whether it was boho chic or office-inspired separates, Hils was a layering genius. Use wardrobe staples like chunky winter knits and simple shirts, and layer up with satin and velvet to bring them into S/S17.



£69.99
Mango



£28
Very



£29.99
H&M

3



CO-ORDINATE

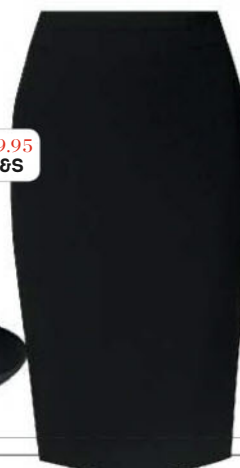
Hilary's collection of matchy-matchy separates was way ahead of her time. This season, they're the ultimate go-to look for taking the stress out of nothing-to-wear situations. Channel the catwalks with a printed twinset or, for a more wearable look, simply co-ordinate your colour palette.



£60
River
Island



£25
Warehouse



£19.95
M&S



£39
Warehouse



£10
Boohoo



THE BEST OLD SKOOL & ANTHEMS

THE VALENTINE'S SPECIAL

SATURDAY
11.02.17

INDIGO AT THE O2

KELE LE ROC

PERFORMING 'MY LOVE' AND MORE

NEEV
SHORTEE BLITZ
WIDEBOYS
AND MORE!

FOR TICKETS SEARCH KISSTORY AT TICKETMASTER.CO.UK

Wear it's at

Steal
her style

Fashion Connect

Choose one item from each row for maximum style points.
This week: Kate Bosworth aces textural layering

1 START WITH A SLEEK SHIFT DRESS



£55
Warehouse



£14.99
H&M



Just like
Kate's

£80
French Connection

2 ADD AN EYE-CATCHING GILET



£29.99
Stradivarius



£28
New Look



£40
Pretty Little
Thing

3 AND A CUTE BOWLING BAG



£55
Dune



£69
Charles & Keith



£32
Dorothy Perkins

4 FINISH WITH HEELED BIKER BOOTS



£84
Office



£65
River Island



£75
Next



**WHYYOU
SHOULDTOO...**
Kate's delicate shift dress
contrasts perfectly with
the heavily textured gilet.
And biker boot looks great
with everything, tights
or no tights.

Kate Bosworth

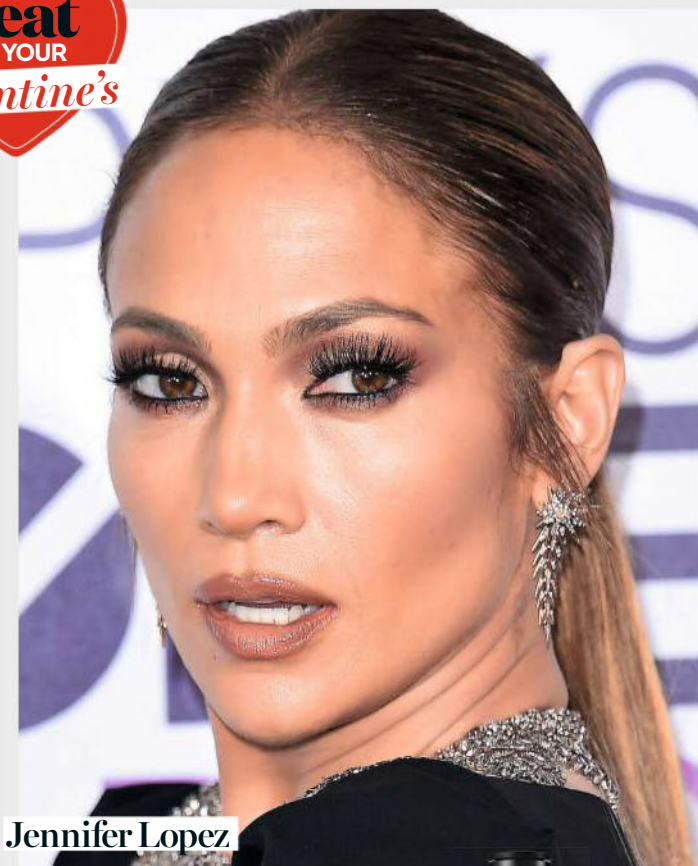
#59

SO-NOW. *Date-night looks*

Whether you go big or play it cool, celeb make-up artist Lisa Potter-Dixon will help you ace that date



#60



Jennifer Lopez

DINNER DATE

* "No one rocks a smokey eye like J-Lo, and it has a lot to do with her groomed brows, defined liner and luscious lashes," says Benefit's Lisa, who's worked with Sienna Miller and fashion heavyweight Matthew Williamson.

* "Grooming your brows instantly opens up your eyes. A setting gel will tame any stray hairs, or try a tinted one to add a hint of colour."

* "J-Lo loves a bronze eye. Take your shadow and buff it all over the lid and into the socket. Blend under the lower lash line to bring the look together. For a sultry finish, line the top lash line and waterline with jet-black eyeliner and add falsies."

£18.50
Benefit
Ready Set
Brow! Clear
Brow Gel

£24
Delilah Slim
Line Liquid
Liner

£4.49
Rimmel
Magnif' Eyes
Mono
Eyeshadow
in VIP Pass

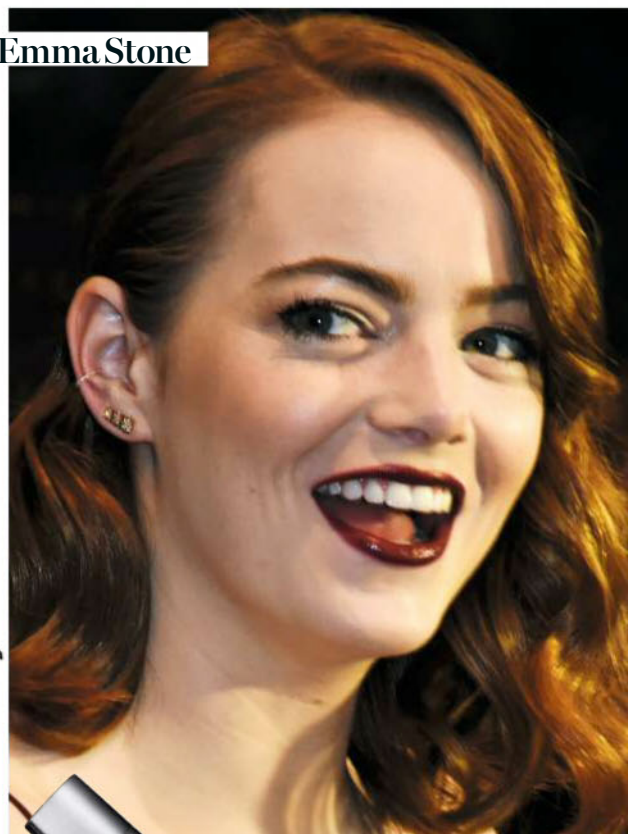
Use wet
for a more
intense effect

TINDER MEET

* "Berry lips like Emma's are something we're going to be seeing a lot of over the next few months. It's more mysterious than bright red, making it perfect for a first date. Pick a deep plum shade with a satin finish for a healthy pout."

* "Once you've applied your lipstick, put a small amount of concealer on a tapered brush. Use this to draw around the edge of the lips to create a neat, defined edge. Then, take a dab of highlighter and place it on your Cupid's bow – this will catch the light and really make your lip colour pop."

Emma Stone



£16.50
Benefit They're
Real! Double The
Lip in Juicy Berry

Emma's
actual
lip colour

£24
Nars
Audacious
Lipstick in Liv

£5.50
NYX Full
Coverage
Concealer

Kate Beckinsale



For even more glow, apply to cheekbones after foundation

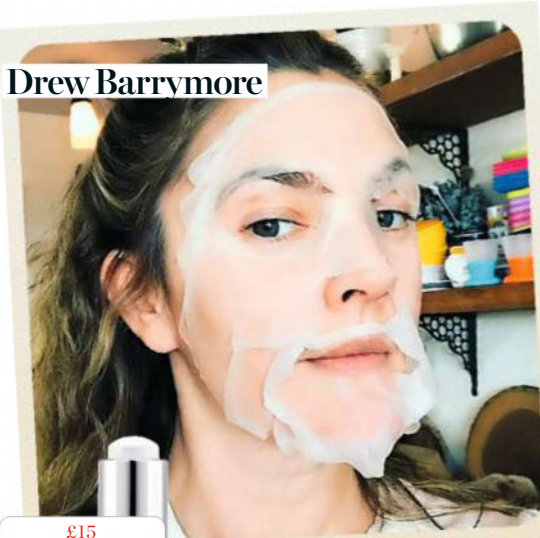
NETFLIX & CHILL

* "Kate is effortlessly glam, and this begins with flawless skin. To get the perfect dewy finish, mix a pea-sized amount of highlighter in with your foundation, then apply it all over with a damp beauty blender. It'll give you that 'I got eight hours sleep' look."

* "Using blusher as eyeshadow is a quick way to add a bit of colour and save on products. Sweep across the cheeks with a blusher brush, then buff lightly onto the eyes using a soft eyeshadow brush."
* "Finish by applying a peach-toned lip. Cream finishes look the most natural and give a subtle shine without looking too glossy."

...AND IF YOU'RE TAKING SOME ME-TIME

Drew Barrymore



Maisie Williams



Not swept up by the whole V-Day thing? Treat yourself to a little me-time pampering instead. Indulge like the celebs with a hydrating sheet mask or, for a deep treat, we love a three-step regime. Relax in your favourite mask, then wash off and apply a soothing serum. Follow with a nourishing night cream to wake up fresh-faced and glowing. No romance necessary.

£15
Vichy Aqualia Thermal Dynamic Hydration Power Serum



£8.50
Starskin Purifying Liftaway Mud Face Sheet Mask



£20.50
Trilogy Mineral Radiance Mask



£14
The Body Shop Vitamin E Nourishing Night Cream



heat radio))

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Jamie Laing

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ALL THE WEEK'S
BEST SHOWBIZ
STORIES – PLUS,
EXCLUSIVE
GOSSIP ABOUT
THE *MADE IN
CHELSEA* STAR'S
GLITZY LIFE



YOUR SATURDAY MORNING PLAYLIST SORTED

Life hacks



Travel, food, fitness... Because your Instagram feed won't fill itself

THE COUPLE WHO TRAIN TOGETHER...

How to work out like *Made In Chelsea's* Louise Thompson and turn your boyfriend into a piece of gym equipment!

When Louise Thompson started posting selfies of her smug tandem workouts with personal trainer boyfriend Ryan Libbey, we cringed. But then we noticed her rock-hard abs and wondered if she might be onto something. The *Made In Chelsea* star has never looked better, and when your gym equipment looks as fit as Ryan, it's no wonder. We spoke to beefcake brothers Tom and James Exton from LDN Muscle (Ldnmuscle.com) to find out if we should be ditching the exercise bike and using our boyfriend instead...

"We have a couples package, and a lot of people sign up together to get in shape for their wedding," Tom tells us, explaining that, yep, loved-up training is on the rise. But there are other major gains to working out together, apart from

feel-good endorphins that will have you running straight from the gym to the bedroom.

"The key to any successful training plan is that you stick to it. If you're doing it together – both eating the same healthy meals and going to the gym together – that will help you stay on track," says Tom.

"People feel more energised when they exercise," adds James. "They feel a little less stressed and worked up. If they're both doing the same thing, it helps both be in a better mindset."

And you don't even need to hit the gym to do your workout. "Using each other's body weight gives you an extra piece of training equipment," says Tom. "You can support one another and do various moves that you wouldn't otherwise be able to do outside of the gym."



Soon Ryan will be strong enough to carry a heavier girlfriend



Do a slut drop, Louise. We dare you.

POWER COUPLES' WORKOUT

DIFFICULTY
RATING:
INTERMEDIATE



TOM AND JAMES
TALK US THROUGH
LOUISE AND
RYAN'S HIS'N'HERS
HIIT SESSIONS

1. PARALLEL PUSH-UPS

James says: "The person on the bottom during this exercise is in the more difficult position. Because they've got the other person on top of them, it's like a weighted version of a commando, which is quite a challenging exercise. To keep yourself stable in this position massively engages

your core. The person on the top obviously has a slightly easier ride they don't have the added resistance. But they have a trickier balancing act, having to balance on top of their partner's torso, which will obviously be a lot narrower and less stable than a soft exercise mat."



2. SEXY SIT-UP

James says: "This exercise primarily works the abdominals, using additional body weight to increase difficulty. The shoulders (and, to a lesser extent, the triceps) will also be engaged, to keep one partner elevated and the other partner stable."



DIFFICULTY
RATING:
INTERMEDIATE

CLASSES FOR COUPLES

TRAINING TOGETHER
IS THE NEW SEXY



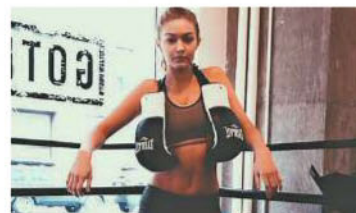
NAKED YOGA

Strip off and stretch in these intimate classes designed to really tap into your spiritual core.
Nakedyogalondon.co.uk



ROCK CLIMBING

This involves tonnes of teamwork as you spot each other on the wall. Plus, it comes with the added bonus of being able to stare at each other's bums.
Ukclimbing.com



BOXING

Vent your frustration with your other half and get your sweat on at the same time. Virgin Active run a selection of boxing classes.
Virginactive.co.uk

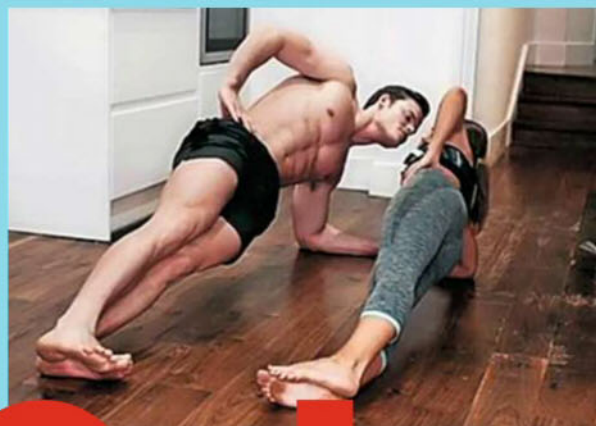


PIT (PHEROMONE IMPROVEMENT TRAINING)

At Gymbox's class to boost your pheromones and sex appeal, participants wear sweat suits and post-class showers and deodorant are banned. Ick!
Gymbox.com

3. PDA PLANKS

James says: "Side plank is a good exercise. Doing it as a couple, you'll have extra motivation to stay as still as possible – especially if you've got a competitive streak against the person directly opposite you. Each can check the other to make sure their back is straight, and that there's no chance of their hips or pelvis dropping and compromising the technique. With any plank, you should aim to hold it for ten seconds, but someone more advanced might be looking at holding it for 30 seconds or so."

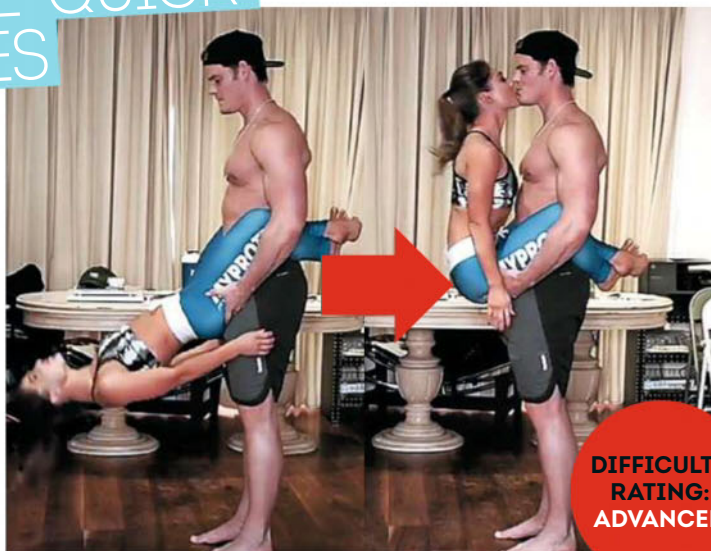


DIFFICULTY
RATING:
EASY



4. KISS-ME-QUICK CRUNCHES

James says: "This exercise will utilise your stomach muscles, as you're obviously fighting gravity in an extreme way. It's tougher than a regular crunch, as while he's holding her, she's going from a lower point to a higher point than she would on the floor. Meanwhile, he's working his core to keep himself upright and not tip over."



DIFFICULTY
RATING:
ADVANCED

5. SWEETHEART SQUATS

James says: "This move is supposed to work the glutes and give you a big bum, but it will be much more effective if you add a barbell or hold the squat position. This will encourage more blood to go to the muscle and build it up, so it gets bigger."

DIFFICULTY
RATING:
EASY



NEW

THICK, DELICIOUS,
FAT FREE!

NOW IN A

**BIG
POT**



Contains naturally occurring sugars



The latest food news, because it's rude not to share



STARTER
63P
per portion

Valentine's dinner for less than a fiver

You don't have to spend a fortune to win his heart – or belly

The most romantic gestures are the ones that don't require you to empty the contents of your bank account. So, if you're skint but still want to treat your special someone to an evening of luuuurve, chef and Insta-ledge @OnePoundMeals, AKAMiguel Barclay, has created a romantic three-course feast you can knock up with the change you dig out from the back of the sofa...

Smoked Mackerel Fishcakes With Dijon Sauce

Ingredients

● 1/2 potato 10p ● 50g smoked mackerel 24.8p (200g @ 99p) ● 1tsp flour 1p (1.5kg @ 45p) ● 1 egg 6.7p (15 @ £1) ● Breadcrumbs 5p ● 1tsp butter = 3p (250g @ 75p)

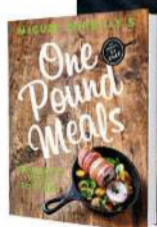
● 50ml milk 2.5p (4pints @ £1)
● 1tsp dijon mustard 5p (180g @ 69p) ● 5g rocket 5p (70g @ 69p)

Method:

- 1 Boil the potato in salted water and mash. Season well, add the flaked mackerel and shape into either a circle or a heart.
- 2 Chill in the fridge for 30 minutes, then dust in flour, dip in egg and roll in seasoned breadcrumbs.
- 3 Fry over a medium heat, until cooked through and golden brown.
- 4 To make the sauce, melt 1tsp of butter in a pan, add 1tsp of flour and then slowly whisk in the milk. As the sauce thickens, add 1tsp of dijon mustard.
- 5 Pour the sauce into a shallow bowl, add a bed of rocket and place the fishcake on top. Serve while hot.



'This has a great smoky depth of flavour'



Magic money stretching chef Miguel Barclay

Whoever
you are...

Whatever
you drive



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Life hacks FOOD

Pork Loin With Pappardelle & Mushroom Cream Sauce

Ingredients

- 1 pork loin steak 57p (4 @ £2.29)
- Splash of olive oil ● 3 lasagne sheets 5.3p (28 @ 49p) ● 50g mushrooms 15.8p (250g @ 79p) ● 1 garlic clove 3p (10 @ 30p) ● 35ml single cream 7.6p (300ml @ 65p)

Method

- 1 Start by seasoning and pan frying the pork loin steak in a splash of olive oil, until cooked through.
- 2 Meanwhile, bring a large pan of salted water to the boil and cook the lasagne sheets al dente (approx 5-7 mins).
- 3 While the pasta cooks, fry some chopped mushrooms, season and add the sliced garlic after 5 minutes. Then, just before the garlic starts to brown, add the cream and simmer for a further minute to thicken the sauce.
- 4 Chop the lasagne sheets into thick ribbons, add a splash of olive oil and arrange on the plate. Then add the pork loin and top with the creamy mushroom sauce.

'The wider the pasta, the posher the dish, so use lasagne sheets'

Apple Rose & Cream

Ingredients

- 1 red apple 17p (14 @ £2.39)
- 2tbsp castersugar 2.7p (2kg @ £2.65) ● 75gpuffpastry 17.8p (375g @ 89p)

Method

- 1 Slice an apple in half and then into 2mm-thick semicircles. Submerge in a bowl of water mixed with 1tbsp of caster sugar and poach in the microwave for 3 minutes to soften.
- 2 Meanwhile, cut a piece of puff pastry 20cm long by 5cm wide and sprinkle over some caster sugar. Very gently press the sugar into the pastry with your finger tips.
- 3 Draw an imaginary line lengthways down the centre of the pastry strip. Arrange the apple pieces so that they touch the line in the middle, poke out over the side by roughly 1cm and all overlap with each other.
- 4 Roll the whole thing up to create a rose shape and place in a small ovenproof dish or cupcake tin.
- 5 Sprinkle with a little more sugar and cook for approximately 20 minutes at 190°C. Serve piping hot with a small jug of cold cream.



DESSERT
38P
per portion

Cook up a romantic meal

WE HEART THESE CUTE KITCHEN GADGETS



£48
Mr & Mrs Salt
& Pepper Shakers
@ Amara



£17.95
Heart plate
@ Emma
Bridgewater



£1
Egg poacher
@ Flying
Tiger

What do **MICHELLE & KATE** HAVE IN COMMON?

They both met their husbands on holiday. Yes, 'holidating' is the hot new way to find love...



Michelle Keegan and Kate Winslet have more in common than just their glittering acting careers – it turns out they both met their other halves on holidays. Michelle and Mark Wright got together in Dubai, while Kate met Ned RocknRoll on Richard Branson's Necker Island. And then there's *Love Island*,

back on our screens with a stupidly high success rate of hot hook-ups (as we write, five of last year's couples are still posting loved-up selfies, and there's a *Love Island* baby due for 2015's Cally Jane Beech and Luis Morrison), so we're beginning to wonder whether there's more to this holiday romance malarkey than we thought. Travel experts

would say yes, as the number of people taking solo holidays has skyrocketed by almost 60 per cent over the past few years. So, if it's something you fancy investigating, but you're not sure shouting "TEXT!" from the *Love Island* villa is quite your bag, here's our round-up of the best trips to meet new people... and, quite possibly, your Lobster.

#70



Sun, sea and... sailing

The one for party animals

WHERE? Summer Sail Week, Croatia.
WHAT IS IT? What do you get when you put a group of, adventurous young things on a yacht together? A bloody good time, that's what. Sailing in a flotilla (that's a group, FYI), each yacht has its very own skipper, so you need zero experience and can just sunbathe/flirt with the crew/neighbouring yachts to your heart's content. The boats set off at 10am

daily before anchoring somewhere idyllic, and reps then organise evening events at local bars and clubs. You also get a wristband for free club entry and drinks promos, as well as parties.
WHEN? There are sailing trips available all year, but Croatia is June, July and August.
HOW MUCH? Costs from £345 per person, plus £60 arrival fee. Flights not included. Summersailweek.com.

Our kind of dogging

Life
hacks
TRAVEL



The one for adventurers

WHERE? Flashpack Finland Wonderland.
WHAT IS IT? Set up by the guy who took the world's most famous selfie (travel blogger Lee Thompson, who, in 2014, climbed *inside* Rio's Christ the Redeemer), Flashpack specialise in small tours for

thirtysomethingsolo travellers. This trip involves glamping in igloos next to a frozen lake that reflects the Northern Lights, plus there's plenty of Prosecco, snowmobiling and husky safaris. Attracting more sporty types (read: hotties),

you can join them for skiing or just stick to the sauna.
WHEN? Trips run in January, Feb and March.
HOW MUCH? From £1,087pp, includes all accommodation, activities and transfers. Flights not included. Flashpack.com



Rugged landscape = rugged men

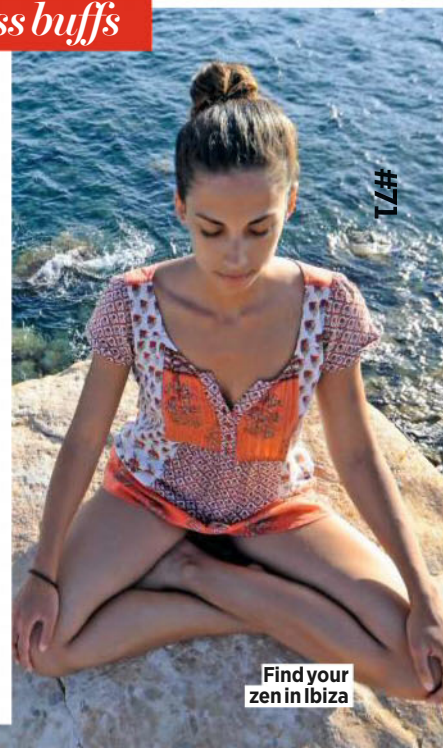
The one for outdoorsy types

WHERE? Preseli Venture Singles Adventure, Pembrokeshire.
WHAT IS IT? An adventure holiday with a twist, this five-day outdoor break ticks off things such as kayaking, surfing, coastering and hiking. But it is also specifically designed for single people, so you know

everybody's ready to mingle. Spend your days leaping from vertical rock faces or kayaking into caves, before heading back for bonfires and local brews.
WHEN? June and September.
HOW MUCH? £575, including four nights' accommodation, food, activities and transfers. Preseliventure.co.uk

The one for fitness buffs

WHERE? 38 Degrees' Healthy Hedonism, Ibiza.
WHAT IS IT? Luxurious trips designed to boost your wellbeing with the "good" stuff (think kickboxing, yoga and beach circuits) and the "fun" stuff, too, such as luxury spa trips. You'll stay at the swanky Aguas de Ibiza in Santa Eulàlia with 19 others and will be looked after by a team of health pros.
WHEN? May, June and Oct.
HOW MUCH? £1,465pp, including flights, four nights' accommodation, activities, half-board meals and transfers. Healthandfitnessstravel.com



#71

Find your zen in Ibiza

HOLIDATING DOS & DON'TS

FOLLOW THESE TIPS FROM SOPHIE HARWOOD OF BETRAVELWISE.COM

DO Share your ETA and travel details with friends back home, who can check in on you, even if it's just a quick WhatsApp message every morning.
DON'T Wear flashy jewellery if you're heading somewhere with levels of high personal poverty or in less economically developed areas. You'll make yourself an obvious target.

DO Carry a personal alarm when you're away. You have a 97 per cent higher chance of warding off an attack with one (try Safe-Girl.co.uk).
DON'T Be afraid to speak up if you're uncomfortable. Even if you're on a singles holiday, nobody should make you feel unsafe or pressured in any way. Speak up and ask for help if you don't feel OK.

#SUMMERLOVIN

**Find your summer romance
with Flirtify**



Join free at www.flirtify.co.uk

heat VALENTINE GIFT GUIDE



Heart Neon Light, £70;
'Love' Neon LED Light, £65,
both TheLittleHouseShop.co.uk

The coolest
pressies to give
to your beloved
– or yourself

#73

IF YOU'RE... LONG-TERM LOVERS

After all, it's about give and take, right?

1 'LOVE' COAT HANGER

To remind you how much more you love him when he doesn't just sling his coat on the floor. **Paperchase, £38**

2 LOMO INSTANT MINI CAMERA

Capture your coupled-up moments on actual film and produce perfect fridge-worthy snaps. **Cuckooland.com, £105**

3 LIMITED-EDITION PINKSTER GIN

Artisan gin with a hint of raspberries will guarantee fruity fun with your other half. **Pinkstergin.com, £35**

4 HERE COMES THE GROOM

A bespoke shave and wash kit for the hirsute man in your life. **Groom.com, £29.95**

5 SPICE SUBSCRIPTION

Literally looking to spice things up? Get three months-worth of Friday night curry ingredients. **Notonthehighstreet.com/The Spicery, £22**

6 'YOU ARE MY LOBSTER' BISCUITS

Because who doesn't love that *Friends* quote? And tasty baked goods. **Biscuiteers, £16.95**

7 SCENTED CANDLE

With scents of amber and sandalwood, this should keep things sweet. **Bella Freud @ John Lewis, £40**

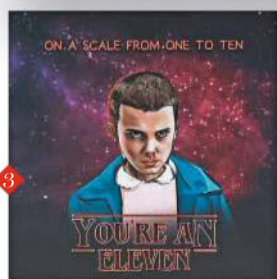
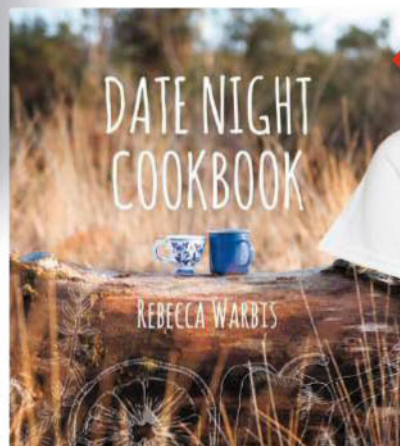
8 PERSONALISED COASTER

Create your own coaster and really show them how much you care (or drop a massive hint that you fancy a cuppa). **Coconutgrass.com, £6**

9 SILVER BRACELET

Looking for something special? This stackable bracelet will always be a winner. **Dower & Hall, £55**





BOYFRIEND/GIRLFRIEND NEWBIES

Just started dating? Score romance points with these love tokens

1 LOVE POTIONS
Yummy chocs exploding with booze concoctions including Passion Berry Margarita and Bee Mine. **Hotel Chocolat, £10**

2 LET'S CA-NOODLE & I WONTON YOU BOXES AND CHOPSTICKS
For a cosy night in, eat dinner

out of these quirky ceramic take-out boxes. **Sainsbury's, £12 for set of two**

3 STRANGER THINGS CARD
Nothing says, "I love you," quite like a slightly sinister pre-teen. **Urban Outfitters, £4**

4 LOVE TOKENS
Cash in your kisses with a roll of romantic

gestures. Cheeky and cute. **Flyingtiger.com, £1**

5 DATE NIGHT COOKBOOK
Perfect for foodies – we love the ideas in this book, from campfire goodies to picnics and after-dinner treats. **ASOS, £9.99**

6 BOWIE T-SHIRT
Inspired by the lyrics of the *Magic Dances* song in

Labyrinth, this retro tee will tick the cool and kitsch boxes in equal measure. **Truffle Shuffle, £26**

7 YUMMYCARD
It's the gift that keeps on giving. Treat your loved one to a card and a slice of homemade cake every month for three months. **Notonthehighstreet.com/ Yummycard, £25**

8 'KEEP YOU' POUCH
Even if you're not ready to fully commit to him, you won't want to let this chic purse go. **Paperchase, £8.50**

9 KISS RING
When you want some jewellery – but it's too soon for *that* kind of ring – this is a more subtle solution. **Alexi London, £30**

Meet your winner!

heat's WEIRD CRUSH 2017

Find out which of your unusual lust objects has topped
our poll and taken the 2017 crown...



K-2SO

FIT STAR WARS ROBOT



JAMES COSMO
HUNKY HOUSEMATE



TOWIE'S DIAGS
ESSEX GEEZ



MICHAEL WHITEHALL
JACK'S SEXY DILL



'ENDERS' JAKE WOOD
GINGER PRINCE

ONLY IN NEXT WEEK'S HEAT – ON SALE 14 FEB

IF YOU'RE...

SINGLE AND SO OVER IT

Because Valentine's Day isn't just for smugged-up couples

1 SAY IT WITH ROSES

Reward your all-round awesomeness with a dozen red roses. **Bloom and wild.com**, from £30

2 LIMITED-EDITION EIGHT HOUR CREAM

We all love Eight Hour cream – its multiple uses are perfect for a pamper night... and maintaining kissable lips. **Elizabeth Arden**, £27

3 LITTLE BLACK BOOK

Keep all those VIP numbers in a safe place. **Paperchase**, £6

4 'FIT MEN' MUG

Hopefully that hottie from accounts will get the hint that he's ticked all your boxes... £8, **Imperial War Museum Shop**

5 TRAVEL GUIDE FOR THE YOUNG, SEXY AND BROKE

Want to take some solo time away? This travel guide includes tips on the best places for food, partying and loads more – including which cities have the craziest sex shops. Go forth and conquer! **Asos**, £11.99

6 'BOYFRIENDS ARE OVERRATED' SWEATSHIRT

Because, well, it's true, innit? **Rockonrubby clothing.com**, £72

7 LIPS PHONE CASE

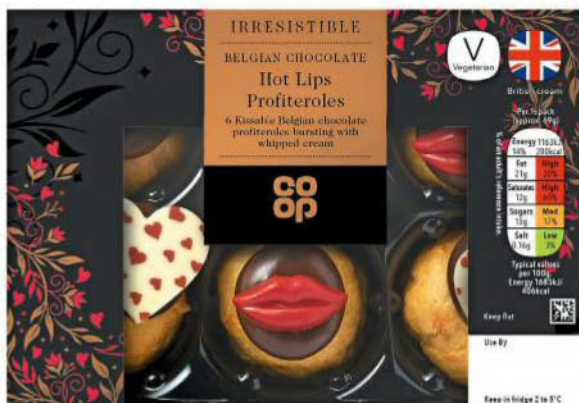
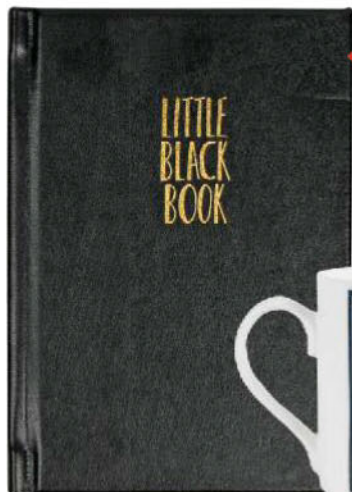
Red lips always grab attention, and this phone case is no exception. Mwah! **Lulu Guinness**, £35

8 'DO NOT DISTURB' EYE MASK

No date? No problem. Catch up on your beauty sleep instead with the help of this cute eye mask. **Boohoo**, £5

9 HOT LIPS PROFITEROLES

Best thing about a bad Tinder date? You don't have to share your dessert with them. Get stuck in. **Co-Op**, £3



SEE IT
FIRST & FOR
FREE

#78

HIDDEN FIGURES

This inspiring true tale is in the race for the Best

Picture Oscar. Complimentary screening tickets!

After the Soviet Union put the first man into space in 1961, the pressure was on at US space headquarters NASA to catch up. The team did so when astronaut John Glenn became the first American to orbit the Earth a year later, setting the US on a path to win the space race by becoming the first to put a man on the moon.

Many names have gone down in history from the early years of space exploration, all of them white and all of them male.



Forgotten by history until now are three African-American female mathematicians, who played a crucial role in getting Glenn into orbit. All bringing their individual expertise, they battled a double prejudice (against their gender and race) to help make history.

Hidden Figures is the brilliantly inspirational and hugely satisfying true story of their achievement, starring Taraji P. Henson as trajectory expert Katherine Johnson, Oscar winner Octavia Spencer as computational genius Dorothy Vaughan, and recording star/rising actress Janelle Monáe as engineer Mary Jackson.

The film, which is nominated for three Oscars including Best Picture, also stars Kirsten Dunst, Kevin Costner and *The Big Bang Theory*'s Jim

Parsons. *Hidden Figures* (cert PG) opens nationwide on Friday 17 February, but you can see it for free four days before that, courtesy of *heat* and Fox. Enjoy the movie and spread the word!

HOW TO GET YOUR FREE TICKETS

Screenings take place at 6pm for 6.30pm on Monday 13 February at 20 cinemas all over the country. To receive a pair of tickets, just log on to **Showfilmfirst.com** and follow the instructions. You'll need to enter reference code **358843**, which will take you to a special *heat/Hidden Figures* page. As long as there are seats left at your chosen cinema, you'll be able to print off a pair of tickets to bring along on the night, or show them on your phone. But remember, it's first come, first served, so act now to avoid missing out!

PARTICIPATING CINEMAS

Birmingham Vue
Bristol Cribbs Vue
Cardiff Vue
Croydon Grants Vue
Edinburgh Omni Vue
Gateshead Vue
Glasgow Fort Vue
Harrow Vue
Leeds Light Vue
London Islington Vue
London Stratford
Westfield Vue
Manchester Lowry Vue
Norwich Vue
Oxford Vue
Portsmouth Vue
Preston Vue
Reading Vue
Sheffield Vue
Staines Vue
Watford Vue

IN ASSOCIATION WITH



The Unmissables

Hundreds of hours
of entertainment



heat's expert
reviewers



The only edit
you need this week



JAMIE DORNAN
WHIPS UP THE DRAMA IN
FIFTY SHADES DARKER



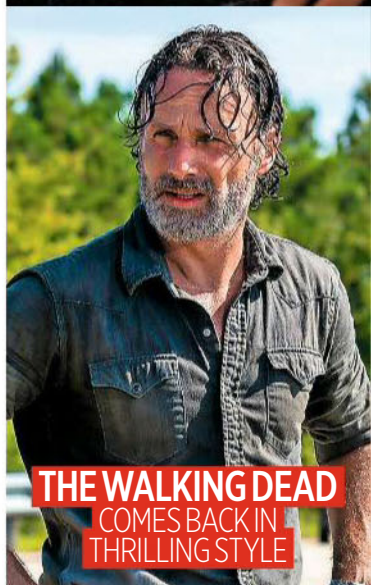
TATTOO FIXERS
GET THEIR OWN
VALENTINE'S SPECIAL



LENA DUNHAM
KICKS OFF THE LAST
SEASON OF GIRLS

YOUR 100% EPIC 7-DAY GUIDE

Don't plan
your week
without it



THE WALKING DEAD
COMES BACK IN
THRILLING STYLE



COREY HAWKINS
IS THE NEW HERO OF
24: LEGACY



ANNETTE BENING
GETS FIVE STARS FOR 20TH
CENTURY WOMEN



LALA LAND
IS FAVOURITE TO CLEAN
UP AT THE BAFTAS

GET IN
EARLY!



BOOK NOW!
Keanu Reeves
kicks major ass
in assassin flick
John Wick Chapter 2, arriving in
cinemas 17 Feb.



PRE-ORDER!
Felicity Jones
buddies up with
Tom Hanks in
Da Vinci Code
follow-up *Inferno*,
on DVD on 20 Feb.



**GET SET TO
STREAM!**
The new Amazon
espionage drama
Patriot, starring hot
Michael Dorman,
drops on 24 Feb.



How d'ya like them apples?

BOYD'S TV LAND

All the week's news, views and erm, things to amuse from Boyd Hilton, **heat's** King of Telly™

MY TOP 3 SHOWS ON TV



The Moorside

Sheridan Smith is superb as Julie Bushby, who campaigned to keep apparently abducted child Shannon Matthews in the news, in this ever-fascinating BBC drama.

BBC1, Tuesdays, 9pm



This Is Us

The US drama that brilliantly cuts from the past to the present this week focuses on Jack and Rebecca finding a fit place for their triplets.

Channel 4, Tuesdays, 11.05pm



Homeland

Carrie and Saul both find themselves facing big challenges this week in the extraordinarily topical drama that still exerts a vice-like grip.

Channel 4, Sundays, 9pm

Talk about a fatal attraction...

MY VERDICT ON...

Apple Tree Yard

BBC1/iPlayer

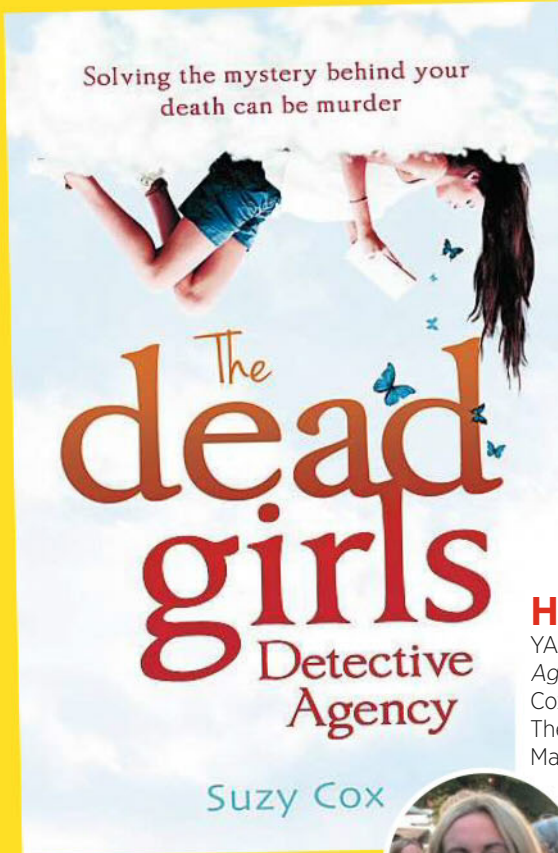
It's surely no accident that *Apple Tree Yard*, the four-part drama that just concluded on BBC1 (and now all available on iPlayer), is mostly the work of women. It's smartly adapted by screenwriter Amanda Coe from a riveting novel by Louise Doughty, and it's beautifully directed by Jessica Hobbs. And, of course, it stars the peerless Emily Watson as a scientist, wife and mother caught up in an increasingly nightmarish case of betrayal and murder. I'm not saying men couldn't have done a decent job of telling this kind of story, but there is something exceptionally authentic and fearless about the way *Apple Tree Yard* manages to depict the inner life of Watson's character, Yvonne. This is a middle-aged woman who engages in a thrillingly illicit and daring affair with

Ben Chaplin's sexy, mysterious apparent spook, then gets brutally raped by a colleague. In other creative hands, the sexual assault could have been an exploitative plot point, or a simplistic punishment for this woman's moral transgression. Not here. Everything that takes place after the attack on Yvonne makes psychological and narrative sense. As well as being an entirely taut thriller and tense courtroom drama, this is a love story, as much as anything. It's all superbly told from Yvonne's point of view and she's palpably in love with Chaplin's Mark – whoever he is and whatever he's done. The final episode is almost unbearably stressful as we try to work out if he deserves her adoration. We're only just over a month into 2017, but already the BBC has given us a drama of the very highest quality.

IF YOU LIKE...
GREAT CANAL JOURNEYS
THEN TRY...
CELEBRITY CARRY ON BARGING



The trend for canal-based travelogues starring oldsters continues with this effort featuring Simon Callow, Lorraine Chase, Debbie McGee and Nigel Havers. (Channel 5, Fridays, 8pm)



heat
TV NEWS

HEAT ED'S US DRAMA

YA novel *The Dead Girls Detective Agency*, written by heat's editor Suzy Cox, is being turned into a US TV drama. The book tells the story of a young Manhattanite who wakes up to discover she's in purgatory and has to solve the mystery of her death. It's being written by Jerica Lieberman and Molly Margraf of *Mistresses* fame, with a view to a full series airing later this year.



Arya: left hanging

GAME OF THRONES' BIG CLIFFHANGER

Maisie Williams has revealed the forthcoming seventh – and penultimate – season of *Game Of Thrones* will end on a "massive cliffhanger". The actress, who plays Arya Stark in the show, made the comment during her current promotional duties for sci-fi film *iBoy*, which is currently streaming on Netflix.



"Knock, knock."
"Who's there?"
"Olivia, we hope"

WHO'S THE NEW DOCTOR?

Now it's been confirmed Peter Capaldi is leaving *Doctor Who*, Olivia Colman is the current favourite to take over as the first-ever female Doc. And she's got the backing of her *Broadchurch* co-star and former Doctor, David Tennant, who told the BBC, "Olivia would clearly be a magnificent choice... it's absolutely a possibility." And the new *Who* showrunner is Chris Chibnall, creator of *Broadchurch*... We're so behind the idea.



Bedtime with Tom? Yes, please

TOM HARDY'S BEDTIME STORY

Just when we thought our love for Tom Hardy couldn't get any greater, he'll be appearing on CBeebies on Valentine's Day as part of their Bedtime Stories series, reading a story about friendship. And he'll be joined by his dog Woody! The episode airs on CBeebies, 14 February, 6.50pm.

RYAN JOINS YOUR FACE OR MINE REBOOT

Comedian Katherine Ryan will join Jimmy Carr as co-host of the highly anticipated revival of classic game show *Your Face Or Mine* on Comedy Central. The format, in which contestants judge how hot people are, last aired on E4 in 2003, and is back this spring.



TONI COLLETTE IN NEW US SPY COMEDY

The great Toni Collette of *Muriel's Wedding*/*Miss You Already* fame is heading to TV in *Unit Zero*, a comedy-drama in which she plays a CIA engineer and single mom leading a team of desk jockeys into the field as secret agents. The show should arrive later this year.





SPOILER ALERT!



CORRIE

Collar(ed) and cuffs

Nasty Nathan exposed?

Enjoy this moment: Nathan's arrested on suspicion of the abduction of a young girl called Annabel, and Bethany's shocked. Fingers crossed the slippery slimeball doesn't talk his way out of it, eh?

#82

PIC OF THE WEEK



HOLLYOAKS

And breathe...

Mama Myra!

Brace yourself, world – another McQueen is on its way, and by the look on Myra's face, she isn't quite ready for it. Although, actually, that could have something to do with Sally's well-timed revelation.

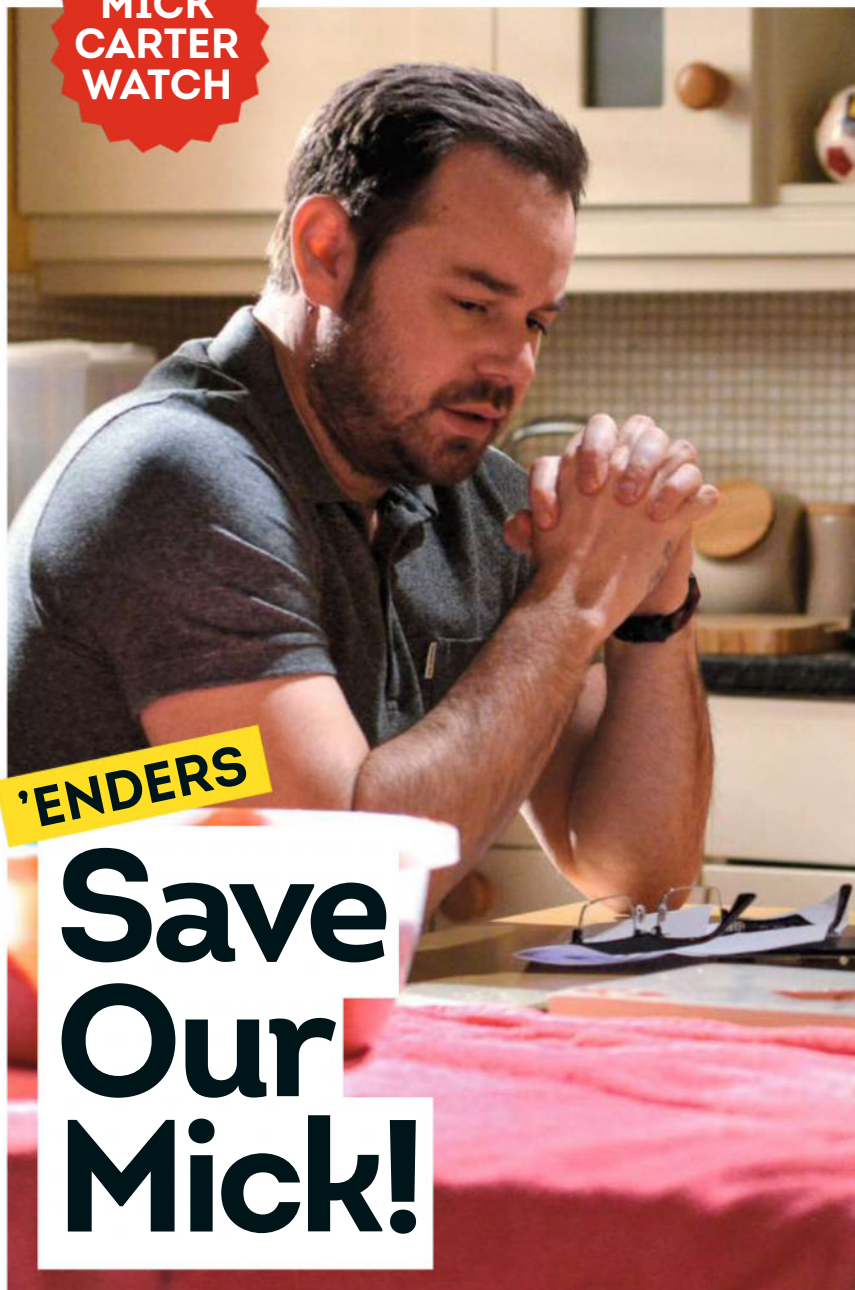
SOAP FLASH BACK



2007

'Enders Loved-up Dawn was having an affair with Rob, not realising the whole thing was part of his wife May's plan to steal Dawn's baby. Scary.

MICK CARTER WATCH



'ENDERS

Save Our Mick!

When did our favourite landlord become a cliché?

Forget Ronnie and Roxy's watery wedding day demise. Forget the epic Bridge Street bus crash, which saw Walford's finest rising to the challenge and releasing poor, squished Martin from the wreckage. Something far sadder has happened in front of our very eyes: our hero Mick Carter has fallen from grace.

When Danny Dyer signed to star in *'Enders*, everyone thought he'd be a soapier version of himself: a cheeky chappie, a hard man with plenty of swagger. Which is why, when he turned up as the soft, loved-up family man who is devoted to his wife Linda (his 'L') and kids, it was a stroke of genius and a genuinely refreshing surprise.

Of course, there were plenty of opportunities for him to plummet off the moral high ground – Linda rejecting

him after her attack or Whitney throwing herself at him, to name just two. Yet he didn't buckle, remaining a soap anomaly: an ordinary, faithful man (which made him extraordinary).

And then it happened. The pressure of Linda leaving to look after her sick mum, Lee wracking up debts and Babe being an idiot resulted in Mick taking the easy (and predictable) option. In a charged moment with Whit in hospital, they kissed. Given everything that had happened, could you blame him? Maybe not. Was it incredibly disappointing? Absolutely.

Next week, things come to a head with Whitney, Lee and Mick, as Valentine's Day takes an unexpected turn. But will Mick transgress further? I can't say.

All I know is, if Mick continues down this slippery slope, it'll be heartbreaking.

ALSO THIS WEEK...

'ENDERS



Signed, sealed and delivered

But who is sending Moaning Minnie Michelle a Valentine's card? Is Tim angling for a reunion (doubt it)? Could her young US jock fancy a revisit (unlikely)? Or has she got a new admirer (impossible!)? Meanwhile, Billy and Jay are shocked by Jack's latest request, and tongues are wagging about Bex and Travis.

CORRIE



Battle of the dweebs

The only thing less scary than this is Ken and Nozza having some argy bargy. Anyway, Ches takes on 'love rival' Daniel after Sinead moves into his flat and Ken's not happy about Daniel putting love before his education, either. Uh oh. Also, Adam finds out about the drugs and comes up with a plan.

EMMERDALE



Flipping hell, Finn

Looks like Finn didn't get the memo about 'How Not To Act Like A Crazy Ex'. Instead, after Kasim refuses to give their relationship another go, Finn goes to his house and trashes it. Yep. Elsewhere, Rhona's gutted to get her decree absolute, and Aaron's nervous about his sentencing.

HOLLYOAKS



Sad times

It's Celine's funeral, and Nana returns to the village with Bart McQueen in tow but it's clear he's hiding something. Also, Cleo struggles both with her eulogy and her feelings for Nathan, so the family convince her to say something to him. The only problem is, he proposes to Lisa. D'oh. In other news, Tony asks Diane why there's no money in their account.



Nothing gets
Mick hotter than
hospital sheets



It's 'Enders, so we're
sure this V-Day dinner
won't be awks at all



!The Unmissables REVIEWS

Everything ents that gets a big yes from us this week

1



GIRLS

SKY ATLANTIC & NOW TV, MONDAY 13 FEBRUARY, 10PM

#84

Girls is a show that's actually changed television. When it first arrived five years ago, we'd never seen such a brilliantly honest, shockingly blunt take on young women and their sex lives, told from the gloriously unfiltered perspective of creator Lena Dunham. Its stunning sex scenes and attitude to nudity were uniquely authentic, as was the unfailingly sharp dialogue. Without *Girls*, it's hard to imagine comedies like *Catastrophe*, *Chewing Gum*, *Fleabag* and *Insecure*, which all deal with sex and relationships in a similarly raw style.

THE BEGINNING OF THE END

Now, sad to say, Dunham has decided it's time for Hannah, Jessa, Marnie and

Shosh to move on, so this sixth batch of ten new episodes will mark the last-ever season. And who can blame her, when so many American shows in particular outstay their welcome? *Girls* feels like it's properly going out at the top of its game, with last year's series the best yet (see panel, right, for a reminder of what happened and to whom). From what we've seen of this run, it could get even better.

THE SEASON PREMIERE

The new series opens six months after season five's finalé, and finds Hannah happier than ever, having achieved new notoriety for her writing after *The New York Times* prints a personal piece she's penned detailing

the hilarious misery that follows when your best friend goes off with your ex-boyfriend. Hannah's subsequently offered a plum writing assignment at a female surf camp in the Hamptons. There she meets a lovely surf instructor, played in perfectly charming style by Brit Riz Ahmed, who's popping up in every great show these days, from HBO's *The Night Of* to *The OA* on Netflix. Elsewhere, pretty much every major character gets to walk around totally naked, in classic *Girls* style, with Marnie and Ray shagging again, and Jessa and Adam being... Jessa and Adam. Only the great Shoshanna retains her total dignity throughout. A typically superb start to the long goodbye. ★★★★★ **Boyd Hilton**



WHERE THE GIRLS ARE AT



HANNAH

(LENA DUNHAM)

Hannah Horvath is now fully single – having ditched Fran after one too many arguments about not very much – and she's also chucked in the teaching, as she attempts to make it as a writer. She is still living with gay best buddy Elijah, who routinely walks about without any pants on.



JESSA

(JEMIMA KIRKE)

Jessa's shackled up with Hannah's ex, Adam, which led to a massive fight last series. They're just about still together, and spending all their time at Adam's apartment. The story of their joint betrayal of Hannah becomes public when she writes about it in *The New York Times*.



MARNIE

(ALISON WILLIAMS)

Marnie was supposed to marry her irritating musical partner Desi but, thankfully, that didn't happen (yet she is still going on tour with him). As far as her love life is concerned, she's back having regular sex with on-off love interest Ray. But can she resist Desi's, um, charms?



SHOSHANNA

(ZOSIA MAMET)

Now the moral centre of the show, the grown-up Shosh is trying to deal with the dodgy behaviour of her cousin Jessa while maintaining her friendship with her ex, Ray. She's still trying to make it as a marketing whiz, having done wonders for Ray's anti-hipster coffee shop.

THE CULTURE KEY



TV



MUSIC



FILM



BOOKS



APPS



THEATRE



"Haven't I seen you somewhere before? Like, in every show currently on TV?"

PREVIEW

2

#86



Fifty Shades Darker

Cert 18, 117 minutes, opens 10 February

Starring: Dakota Johnson, Jamie Dornan, Kim Basinger **Director:** James Foley

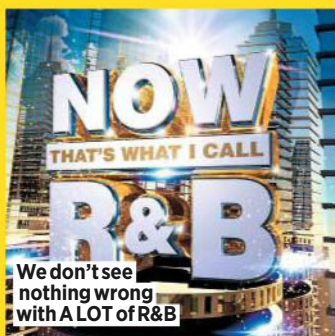
THE PLOT Ana Steele now appears to have the upper hand, since besotted billionaire Christian Grey proposes they resume their relationship with no rules and no punishments. Plus: meet Kim Basinger as Elena Lincoln, the older lover who introduced a teenage Christian to the BDSM lifestyle, and Bella Heathcote as his former submissive Leila. A bigwig at backers Universal promises "more of a thriller" this time round.

WHAT'S RIGHT/WRONG WITH IT?

Reviews are embargoed until a day

before release, so we can only speculate. The exit of *Fifty Shades Of Grey* director Sam Taylor-Johnson is a worry, although James Foley is a credible replacement. More concerning, however, is the choice of screenwriter: TV scribe Niall Leonard, whose principal qualification seems to be the fact that he is married to author EL James.

VERDICT Whatever the creative outcome, Dornan's bare chest is always welcome, so let's hope for plenty of that. **Charles Gant**



Now That's What I Call R&B

Out Monday 13 February

Yes, it may feel like you have pretty much every R&B track out there on various CDs, but let's face it, you probably don't know where half of them are. So, thank the R&B gods for this handy bundle of recent hits

and old-skool classics, collated just for your listening pleasure. Representing the newbies are Justin Bieber with *What Do You Mean?* and Pia Mia feat. Chris Brown & Tyga with *Do It Again*, plus sexy offerings from

The Weeknd (*Can't Feel My Face*) and Zayn (*Pillowtalk*). There are plenty of anthems to take you back, too, including Kelis' *Milkshake*. Three discs of pure, unadulterated R&B fun.

★★★★ **Kay Ribeiro**


3



"Where are the canapés?"

4

The Walking Dead

 Fox, Monday 13 February, 9pm

Sometimes it's hard to be a fan of *The Walking Dead*. When you are die-hard, you can't just switch off when things aren't going your way. Like, say, when two of your favourite characters play baseball with their heads. Or – even worse – when the hitherto ultimate bad ass that is Rick Grimes (Andrew Lincoln) spends the best part of a season with a cry face on instead of kicking seven shades out of the guy who just killed his best buddies. Sexual confusion of fancying Negan even when he's a morally reprehensible ass

hat aside, the guy getting a whooping has been a long time coming. So all hail, then, the return of season seven from hiatus, and with it the promise that Rick, Daryl, Michonne and co will have one thing and one thing only on their minds – payback. As the residents of Alexandria team up with the Hilltop (and presumably pick up Carol, Morgan and the Kingdom along the way), the scene is set for the battle we've all been waiting for. And while it may now be less gory than originally planned, we fully expect it to pack a Lucille-sized wallop. ★★★★★ Lisa Howells



Rick's back and ready to rumble

#87

5



HOT DVDS OF THE WEEK

Trolls

DVD/Blu-ray, out Monday 13 February

This CGI animation bringing to life those cute little troll dolls was a big hit last year. And it benefits no end from enthusiastic voice work from Justin Timberlake and Anna Kendrick as a troll duo trying to save their village from troll-eating creatures called the Bergen. Retina-scorching colours and exuberant musical numbers combine for a fun ride. ★★★★★ Liam Wright



American Honey

DVD/Blu-ray, out Monday 13 February

There was a five-year gap between Brit director Andrea Arnold's *Wuthering Heights* and this road-movie epic. It was worth the wait for this vibrant look at young Americans going across the country selling magazines. Shia LaBeouf dazzles among a cast of unknowns. ★★★★★ Boyd Hilton

6

The 2017 59th Annual Grammy Awards

 4Music, Monday 13 February, 8pm

If you didn't stay up the night before to watch it via some dodgy stream, 4Music is showing this year's Grammys the evening after. And, as if the prospect of myriad A-listers taking part isn't exciting enough, the whole thing is hosted by James Corden, again proving he's now a transatlantic superstar. Adele,

Bruno Mars, The Weeknd & Daft Punk, John Legend and Metallica all perform, while the main Grammy hopefuls are Beyoncé (nine nominations), Drake, Rihanna and Kanye West (eight noms apiece), with Adele, Justin Bieber, Beyoncé, Drake and Sturgill Simpson all vying for the Album Of The Year Award. ★★★★★ **Boyd Hilton**

You don't get a Grammy for karaoke, James



7

"Ben Affleck doesn't have to deal with this shit"

#88



Beats the Batsuit

The Lego Batman Movie

Cert U, 104 minutes, opens 10 February

Voices: Will Arnett, Zach Galifianakis, Ralph Fiennes **Director:** Chris McKay

THE PLOT Arrogant vigilante Batman (voice of Arnett) likes to work alone, but when a misguided act unleashes a torrent of supervillains on Gotham City, he must learn the value of team work. **WHAT'S RIGHT WITH IT?** Despite big changes in the writing and directing team

from *The Lego Movie*, this retains the wit of the 2014 hit, scoring laughs at the expense of Batman's conceited billionaire. Michael Cera adds a sweet flavour as the orphan Bruce Wayne accidentally adopts. **WHAT'S WRONG WITH IT?** Frenetic action and blink-and-you'll-miss-'em

gags will be better appreciated with repeat DVD viewings.

VERDICT Heaps more fun than last year's earnest *Batman V Superman* film. Maybe all DC superhero movies should be done with animated pieces of flying Lego.

★★★★ **Charles Gant**



"Oh, Stephen Fry, you didn't..."

The British Academy Film Awards 2017

BBC1, Sunday 12 February, 9pm

Can it be only a year since host Stephen Fry made THAT "bag lady" joke about *Mad Max* costume designer Jenny Beavan and everyone lost it? Yes, it can, but thankfully Stevie has retained the hosting job for what should be a glitzy and star-studded event, due to such nominated stars as Emma Stone, Ryan Gosling, Jake Gyllenhaal, Amy Adams, Nat Portman, Hugh Grant and the great Meryl Streep. We've made our predictions in the big categories below, so enjoy the show and see if we're right. ★★★★★ Boyd Hilton

BEST FILM

I, DANIEL BLAKE, ARRIVAL, LALA LAND, MOONLIGHT, MANCHESTER BY THE SEA **OUR TIP: La La Land**
Damien Chazelle's enjoyable modern LA musical has led the awards race from the get-go, with vital wins at the Golden Globes, Directors Guild and Producers Guild, and it should likewise win big at the BAFTAs. There's lots of local love for Ken Loach's *I, Daniel Blake*, but that should scoop Outstanding British Film instead.

LEADING ACTRESS

AMY ADAMS *Arrival*, *EMILY BLUNT* *The Girl On The Train*, *EMMA STONE* *La La Land*, *MERYL STREEP* *Florence Foster Jenkins*, *NATALIE PORTMAN* *Jackie*

OUR TIP: Nat Portman

Our own Emily Blunt is up, but it's rare to win for a performance in a genre pic. Amy Adams might pick up votes not just for *Arrival* but also her turn in *Nocturnal Animals*, but Emma Stone is the bookies' favourite.

LEADING ACTOR

ANDREW GARFIELD *Hacksaw Ridge*, *CASEY AFFLECK* *Manchester By The Sea*, *JAKE GYLLENHAAL* *Nocturnal Animals*, *RYAN GOSLING* *La La Land*, *VIGGO MORTENSEN* *Captain Fantastic*

OUR TIP: Casey Affleck

La La Land fans might figure this is one category where it can forego the win. And here is a great opportunity to honour the much-admired drama *Manchester By The Sea*, starring Ben Affleck's younger brother.

SUPPORTING ACTRESS

HAYLEY SQUIRES *I, Daniel Blake*, *MICHELLE WILLIAMS* *Manchester By The Sea*, *NAOMIE HARRIS* *Moonlight*, *NICOLE KIDMAN* *Lion*, *VIOLA DAVIS* *Fences*
OUR TIP: Viola Davis
Michelle Williams is

heartbreaking in *Manchester By The Sea*, but her screen time is brief. Both Naomie and Hayley (who was predictably passed over by the Oscars) will benefit from local enthusiasm. But it's Viola Davis, towering as the long-suffering wife in *Fences*, who should get the win.

SUPPORTING ACTOR

AARON TAYLOR-JOHNSON *Nocturnal Animals*, *DEV PATEL* *Lion*, *HUGH GRANT* *Florence Foster Jenkins*, *JEFF BRIDGES* *Hell Or High Water*, *MAHERSHALA ALI* *Moonlight*

OUR TIP TO WIN: Mahershala Ali

The three Brits in the line-up might benefit from local love, and Hugh Grant delivers his best work opposite Meryl Streep. Still, this is where *Moonlight* fans should plant their flag, honouring an actor who impresses as a drug dealer who becomes a surrogate parent to a crack addict's young son.



Factual TV Frolics

The Big Painting Challenge

BBC1, Sunday 12 Feb, 6pm

We doubt this show will replace *The Great British Bake Off* in the nation's heart, but it's fun in its own way. Ten amateur painters will compete, as Mariella Frostrup and the Rev Richard Coles (taking over from series one hosts Richard Bacon and Una Stubbs) lead them through the heats. Each week, they'll face two challenges, and this week's theme is Still Life. When the paint's dry, members of the public will give one artist an automatic pass to the next round, before the judges decide who gets sent home.

★★★ Jason Arnopp



"Whoever painted THAT isn't getting through"

#90



Why isn't she a dame already?

June Brown at 90: A Walford Legend

BBC1, Thursday 16 February, 8pm

Who knew that *EastEnders* institution June Brown, aka Dot Cotton, is knocking on for 90? To celebrate reaching this incredible landmark, the Queen of the laundrette will take a trip down memory lane reminiscing about her life and career. And as anyone who watched her on Graham Norton's show – where she freewheeled with sofa buddy and new BFF Lady Gaga – knows, anything could come out of her mouth. ★★★ Kay Ribeiro

Celebs Go Dating

E4, Monday 13 – Fri 17 February, 10pm

With Valentine's day just around the corner, E4 has thrown its Celebrity Dating Agency doors open for yet more unlucky-in-love stars to find their matches. So far the show has yet to result in anything more than a flash-in-the-pan romance, but we're hoping the new batch of singletons will buck the trend. Watch out for Ferne McCann, Stephen Bear, Diversity's Perri Kiely, Jonathan Cheban (Kim Kardashian's mate) and Pussycat Doll Melody Thornton. Oh, and Joey Essex is back for round two. Let the romance/awkwardness commence. ★★★★★ Kay Ribeiro



The speed dating round wasn't working out too well

NEW
SERIES!

24: Legacy

Fox, Weds 15 Feb, 9pm

New 24! And our first question is, how's Kiefer Sutherland's tireless counter terrorist veteran Jack Bauer? Well, we don't know, because he isn't in this reboot (although there are hints Bauer could guest at some point). So, what's this new variant all about? It keeps the real-time aspect that made the original so innovative, but the new main man is Corey Hawkins from *Straight Outta Compton*. He plays Eric Carter, a US army ranger who kills a terrorist leader during an op in Yemen. As a result, Carter and his family end up in witness protection, only to find their lives in danger. Other stars include *Homeland*'s Miranda Otto and *The West Wing*'s Jimmy Smits. Let the breathless terrorist hunt begin!

★★★★ Liam Wright

10

A Quickie With... Corey Hawkins

24 has a huge legacy. How did you feel being cast as the lead in this?

To talk about a different project, I remember when Dre wanted me to play him in *Straight Outta Compton* the stakes were very, very, very high. I had to do it right because if I didn't, I don't know if I'd ever be able to go back to California again. But when they offered me this and sent me the script, my mind went not to how was I going to fill Kiefer or Jack Bauer's shoes, or any of that it went to the fact that I wanted to see where this opportunity could take me. And when you watch the pilot, you just fall into Eric Carter's world you don't try to compare it to Jack Bauer's.

So, Eric is not Jack – who is he, then?

I'm still discovering who he really is, where he's coming from, what his demons are, what the skeletons are in his closet and what makes him tick. We see a hero who looks like he has it all together, but we watch it fall apart towards the end of the season. Emotionally, he's torn between the responsibilities of home and of his wider family. I think he's always been torn in that way.

Did you speak to Kiefer before you started filming?

Kiefer was so gracious in reaching out to me, but we didn't talk in the very beginning. Partly because I was away filming *Kong: Skull Island*, and partly because I wanted to go through the process and experience myself, find all of the things that make Eric tick without being influenced. Figuring all that out is a really personal thing. But when we finally talked, it was great, because here was someone who really understands,

who really gets it. And I don't mean about being the lead in a TV show, but about this particular TV show, which is a very different kind of beast, what with the real time aspect of it.

Were you a fan of the show before you took on this role?

Oh yes, I was a huge fan. I was 13 years old when 24 started, so I basically grew up on it. I was a young kid and Jack Bauer was the hero that I looked up to. And now children who look like me get to see me as that hero, and that's really exciting to me.



CTU 2.0



Drama Imports

New treats from the US and Down Under

Madam Secretary

Sky Living & NOW TV,

Wednesday 15 February, 10pm

For two seasons now, we've watched Elizabeth McCord (Téa Leoni) try to strike the balance between being the US Secretary of State and having a family life. Now she's back to handle further domestic crises, both in her home and across America. Expect more international diplomacy, murders, kidnappings and plane crashes. This show is big on plane-based incidents. Exec producer Morgan Freeman not only returns in his recurring role as Chief Justice, but to direct this episode, which sees Elizabeth pressuring President Dalton (Keith Carradine) to reconsider climate change. ★★★★★ Jason Arnopp

Trump would have sacked her already



The Kettering Incident

Sky Atlantic & NOW TV, Wednesday 15 February, 10pm

The Night Manager's Elizabeth Debicki stars in this Australian mystery drama. She plays Anna Macy, who suffered a traumatic incident as a teenager in her home town of Kettering. No, not *that* Kettering, the Tasmanian one. When Anna was 14, her best friend Gillian disappeared. Fifteen years later, Anna returns to find Kettering struggling to survive. It's selling off its

surrounding forest to loggers, triggering violent clashes with environmentalist groups. And to cap all this chaos, another girl disappears. Anna finds herself compelled to try to discover what's going on with these vanishing acts and uncover the truth. You'll probably also feel compelled to watch more, which will be easy enough as episode two follows straight after.

★★★★★ Jason Arnopp

Don't Look Now does ET



Arizona: handsy

Grey's Anatomy

Sky Living & NOW TV, Wednesday 15 February, 9pm

It's our favourite time of year, when all the US dramas lumber out of their winter hibernation like hungry bears. Or maybe that's just us, emotionally starved of the mighty *Grey's* and its ever-reliable mix of bloody medical procedures and bloody personal dramz. We rejoin the team the night before Alex is due to stand trial for his attack on dull DeLuca. He may well land up in jail,

but before that, Bailey, Jo and Arizona find themselves heading to the clink to treat a very pregnant – and very volatile – prisoner, who doesn't like to be touched. Of course, things soon go from scary to terrifying, and Arizona has to use all her skills to save both mother and baby. Which involves a lot of touching, so *that's* gonna be an issue.

★★★★★ Lisa Howells

20th Century
Women... and
two dudes



20th Century Women

Cert 15, 118 minutes,
opens 10 February

Stars: Lucas Jade Zumann,
Annette Bening, Elle Fanning
Director: Mike Mills

THE PLOT In the summer of 1979, an eccentric single mum (Bening) ropes in her two lodgers (Greta Gerwig, Billy Crudup) to help offer extra parenting to her 15-year-old son Jamie (Zumann). Jamie's slightly older, platonic best friend Julie (Fanning) also gets in on the act.

WHAT'S RIGHT WITH IT? Writer-director Mike Mills (*Beginners*) very entertainingly draws on his own teenage years growing up in California for this joyous coming-of-age tale.

WHAT'S WRONG WITH IT?

If this era means absolutely nothing to you, the film's abundant charm may slightly diminish.

VERDICT Annette Bening should have been Oscar-nominated for her brilliantly subtle performance in a film that's funny, wise and vitally human.

★★★★★ **Charles Gant**

GOING
LIVE!



Let It Shine

📺 BBC1, Saturday, 6.55pm & 8.45pm

The diverting talent search for future stars of Gaz Barlow's Take That-based musical reaches its live stage. It sees five newly created boy bands go head-to-head as they seek to impress us home viewers and judges Gary Barlow, Dannii Minogue,

Martin Kemp, plus a mystery guest judge. After the five band performances, hosts Graham Norton and Mel Giedroyc open the voting lines so the public can choose their favourite, with the result revealed at 8.45pm. ★★★★★ **Boyd Hilton**

14



Valentine's Night TV

Tattoo Fixers: Valentine's Special

E4, TUESDAY 14 FEBRUARY, 9PM

If Valentine's Day is about one thing, it's about covering up that foolish tattoo of your ex's name. This one-off serves up romance-themed ink/skin mishaps for our pleasure: Jodene wants to move on from the broken relationship she had commemorated all over her body, while *Deal Or No Deal* fan Angie commissions a homage to her one true love. ★★ ★ Jason Arnopp



First Dates: Valentine's Special / The Wedding Day

CHANNEL 4, MONDAY 13 FEBRUARY, 9PM / 10PM

Channel 4 gets romantic for Valentine's Eve, with a *First Dates* Valentine's Day special, starring big-haired PA Azedeh and her tech-boffin date. Then there's an observational documentary following two twentysomething couples – one posh, the other not-so – on their wedding days. ★★ ★ ★ Boyd Hilton



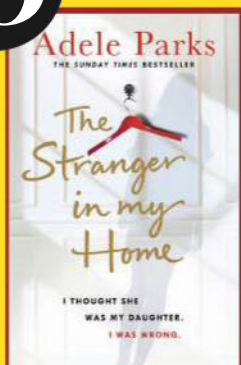
Luisa Omelian's What Would Beyoncé Do?

BBC3, TUESDAY 14 FEBRUARY, FROM 10AM

Comedian Luisa Omelian's debut at the Edinburgh Fringe was hailed as one of the most successful ever, while her 2015 show about the "high gap" went viral. This 75-minute special captures the build-up to her *What Would Beyoncé Do?* show, exploring why so many people have connected with Queen B. And, of course, we also see the show, which is set to a soundtrack of Bey's greatest hits. ★★ ★ ★ Jason Arnopp

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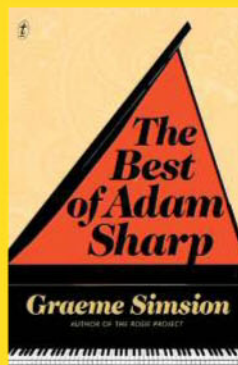
BOOKS OF THE WEEK



The Stranger In My Home

ADELE PARKS (HEADLINE, £7.99)

Alison has the life she's always wanted, with a loving husband and a talented teenage daughter. Everything is perfect – until a man turns up at the door with some devastating news. It turns out that, 15 years ago, someone took Alison's baby and she ended up with theirs. Gripping, twisty and heartbreaking, this standout story is a triumph. ★★ ★ ★ Isabelle Broom



The Best Of Adam Sharp

GRAEME SIMSION (MICHAEL JOSEPH, £12.99)

About to turn 50, IT consultant Adam is plodding through life with his long-term partner, but he's always felt as if something's lacking. When he gets an email from a sexy actress he once had an affair with, it makes him question everything – but is the grass really greener on the other side? With very real characters, an engaging plot and plenty of wit, this is a joy. ★★ ★ ★ Sarah Hughes

16

Prevenge

Cert 15, 88 minutes, opens 10 February

Starring: Alice Lowe, Jo Hartley **Director:** Alice Lowe

THE PLOT A heavily pregnant Cardiff woman (Lowe) embarks on a deranged killing spree of seemingly random victims, egged on by the imaginary voice of her unborn child.

WHAT'S RIGHT WITH IT? Writer/director/star Lowe does a pretty great job of all those tasks. But her performance is particularly strong, negotiating the character's mental issues with subtlety, while also being

absolutely terrifying in the gruesome murder sequences.

WHAT'S WRONG WITH IT? The one-killing-after-another structure gets a tad repetitive, and the voice of the unborn child is *really* irritating.

VERDICT While this daring and original British indie effort will most certainly not be to all tastes, those brave enough to engage with it are in for a perversely funny treat. ★★★★★ **Boyd Hilton**



Fences

Cert 12A, 139 minutes, opens 10 February

Starring: Denzel Washington, Viola Davis **Director:** Denzel Washington

THE PLOT In 1950s Pittsburgh, blue-collar worker Troy (Washington) rules the roost in the house he proudly owns, but bitterness over past disappointments infects his relationship with his wife (Davis) and teenage son (Jovan Adepo).

WHAT'S RIGHT WITH IT? Washington and Davis both won a Tony when they starred in a Broadway revival of this play in 2010, and their performances are sensational here – especially Davis' turn as Troy's enduring spouse.

WHAT'S WRONG WITH IT? The film is defiantly theatrical in format, and Troy's frequent baseball analogies may not play so well to UK audiences.

VERDICT With Washington and Davis both winning at the SAGs, buzz is building on *Fences* to repeat the trick at the Oscars. Go, Viola! ★★★★★ **Charles Gant**



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#95

heatradio

MONDAY-FRIDAY, 1PM-4PM

Ryan Seacrest

ALL THE WEEK'S BEST SHOWBIZ STORIES



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**SATURDAY, 10AM-12NOON,
REPEATED SUNDAYS, 6PM**
Chelsea's cheeky chap takes to the mic to make sense of the crazy week in showbiz. Join him for silly games, MIC gossip, as well as his "unique" take on the big news stories.



LUCIE CAVE

SUNDAY, 10AM-12NOON
heat's editor-in-chief is joined every week by our entertainment experts Boyd Hilton and Charles Gant to tell you what's good on the TV, and the films you should be seeing at the cinema.



REZZY

WEEKDAYS, 4PM-7PM
Rezzy kicks off each day with the wonderful and daft OMG Song. There's throwbacks a-plenty in the epic 5 o'clock #reheat, as well as top celeb gossip, MASSIVE guests and the best bits of YOU.

RYAN SEACREST

WEEKDAYS, 1PM-4PM
The best-connected man in Los Angeles comes direct from Hollywood every weekday with the biggest showbiz stories. Recent guests include Christina Aguilera, Oprah and JT - there's no one Ryan can't get!



I know everybody in showbusiness. Fact

heatradio))

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THIS WEEK'S
BURNING
QUESTION
*What's the worst
Valentine's you've
ever had?*

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"All of them.
I hate V-Day"



"The One With
The Glitter"



"I don't recall, but
I did once schedule
a two hour health
check including
prostate probe on
my birthday. Ouch"



"Your mum gave me
some biscuits. They
were very mediocre"



"When someone sent
me nipple tassels in
the work internal post
and I never found out
who it was. Creepy"



"A stuffed
otter"



"A guy tried to take me on
a date to his brother's
engagement party. We
hadn't even hugged yet"



"I've never had
a Valentine. My
life is shit"

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Heatscopes

Tuesday 7 - Monday 13 February

The all-seeing *Jan Jacques* tells you what the stars have in store this week

ARIES 20 Mar-19 Apr

You're so beset by drama this week, you'd fit right into an episode of *Hollyoaks*. Thankfully, the lunar eclipse causing this is short-lived, so breathe deeply and count to ten when tempers flare at home and work. Elsewhere, don't believe a friend who swears she's fine - she needs you.

LUCKY MINDSET: Calm and cool

TAURUS 20 Apr-20 May

The lunar eclipse in your 4th house of home and family could spark a few challenges, so take the time to make sure your relatives are OK. A neighbour could test your patience. To get your own way, turn on the charm - they won't know what's hit them.

LUCKY FACIAL EXPRESSION: Sympathetic

GEMINI 21 May-20 Jun

You feel you can achieve just about anything at work, but get advice about taking on a new project. You might be tempted, but will you be spreading yourself too thin? Elsewhere, a communication breakdown with a friend can be sorted with kind words and a compliment.

LUCKY TALENT: Seeing clearly

CANCER 21 Jun-22 Jul

You're feeling strong and confident now that Mercury has finally left this stressful aspect to you. Feel free to enjoy it - just be careful to conserve your energy at work. At home, it's a good time to get stuck into any improvements or repairs.

LUCKY EMOJI: Sassy dancer

LEO 23 Jul-23 Aug

Leos love good food, but you can sometimes forget to have any of the healthy stuff. For more energy, hit that five a day - you'll feel better for it. Elsewhere, any dark dreams are just the cosmos hinting that you could take life a little more seriously right now.

LUCKY INTENTION: Eating well

VIRGO 24 Aug-23 Sep

A friendship may be tested as the lunar eclipse brings upheaval. Ask yourself if this person has your best interests at heart. Elsewhere, technology may let you down, but your practical nature will triumph. And if it doesn't, simply take a break.

LUCKY SONG: I Will Survive

LIBRA 23 Sep-22 Oct

You can be a big softy in love, but never a pushover. As Libran Ashlee Simpson says, "There are moments when I want to break down and cry, but not give up." Talk to your partner about what's missing from your bond. Money-wise, avoid buying big items this week.

LUCKY POLICY: Honesty

SCORPIO 23 Oct-21 Nov

Your superpowers include being able to spot a fake a mile off, which you do this week at work. Don't get involved - let this phony show their true colours by themselves. Elsewhere, your energy will be given a boost with extra exercise.



JENNIFER ANISTON
11 FEBRUARY 1969



NATALIE DORMER
11 FEBRUARY 1982



ROSE LESLIE
9 FEBRUARY 1987

SAGITTARIUS 22 Nov-21 Dec

This week, you own the room. Mercury's fast motion gives you confidence and everyone wants a piece of you. But watch out for a friend's jealous nature. Elsewhere, use tact and diplomacy to gently talk down your lover's plan if you think they are being unrealistic.

LUCKY AURA: Charming

CAPRICORN 22 Dec-19 Jan

Love is often tested by a lunar eclipse and this one could see old grievances rise to the surface. Stay calm, work through them and remember it's just a phase. Elsewhere, there may be a big surprise at work, so try to keep an open mind.

LUCKY GIFT: Patience

AQUARIUS 20 Jan-18 Feb

A tricky week in love may turn out well if you use your astute logic to deal with any dirty laundry. Your partner should hopefully appreciate your fine work. Socially, you're in demand, but you'll tire if you don't take time out to chill.

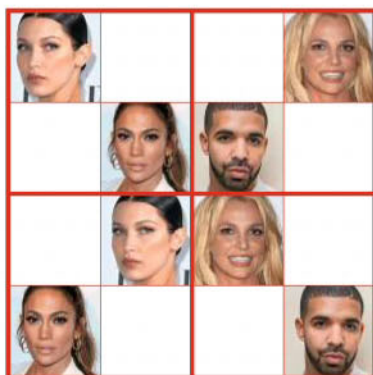
LUCKY ANTICIPATION: Getting it right

PISCES 19 Feb-19 Mar

You're philosophical at heart and tend to agree with Piscean Rihanna who says, "The bottom line is that everyone thinks differently." Bear that in mind at work and stay cool when people don't agree. Elsewhere, a friend may need advice with health.

LUCKY STANCE: Laid-back

A-List

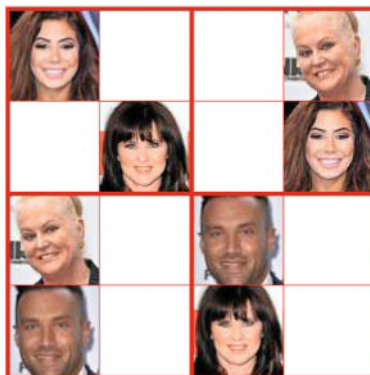


CELEB SUDOKU

Because doing it with numbers is way too easy

Each of the four blocks must contain all the celebs - ie Britney, Bella, Drake and J-Lo for the A-List - within its squares. Each celeb can only appear once in a row, column or box.

Z-List



See the celeb sudoku answers revealed every Saturday on our Snapchat, **heat_mag** **heatworld**

Welcome to the (looking) Back Page

#98



THAILAND, 1 FEBRUARY 2008

Only Girls Aloud on Chez's heartbreak hol

Nine years ago this week, Cheryl (then Cole) travelled to Thailand and LA with best mates Nicola Roberts and Kimberley Walsh after discovering husband Ashley Cole had cheated on her with hairdresser Aimee Walton. And Cheryl, who had married the footballer just 19 months earlier in a lavish £1million ceremony, made headlines on the way home when she was spotted without her wedding ring.

However, the singer famously forgave her husband just months later, saying it

was "horrendous", but adding, "Look, Ashley's young and he's got a young mentality for his age, anyway. He's learning. He has a beautiful soul and he's a really nice guy." However, in February 2010, Ashley was again accused of cheating and Cheryl's spokesman announced their separation on Twitter.

Cheryl, Nicola and Kimberley have remained best friends, and are regularly pictured together. Fans even gave them the nickname "Chimola".



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now
£48
was £58

now
£50
was £60

now
£61
was £71

now
£54
was £64

now
£54
was £64

Valentine's
Day

Tuesday 14th
February

Discover thousands of thoughtful gifts on offer this Valentine's

order &
collect
free. next day



let's feel good

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